HOME-CARE ROUTINE

OUR GUIDE TO
YOUR ORAL HOME-
CARE ROUTINE

WAKE-UP ROUTINE

At the sink, rinse your mouth for 30 seconds with an essential oil mouthwash then discard the remainder into the sink.

Complete a 2-minute electric brush cycle on the gum care setting. If you are using a manual toothbrush brush all surfaces of your mouth for 2 minutes.

Use the tongue scraper to remove the film on your tongue from the night's sleep.

Drink 500ml of clean water and have a healthy breakfast!

AFTER FOOD (BREAKFAST)

Inter-proximal brush with Tepe Brushes or Soft Picks in between the teeth.

Use your electric toothbrush for 2 minutes on the deep clean setting with recommended toothpaste – discard remaining toothpaste - no rinsing away toothpaste.

Use recommended treatment mouthwash for 30 seconds and discard, no water or rinsing the mouthwash after use.

AFTER FOOD (LUNCH)

Floss with Butler Expanding Floss, Inter-proximal brush with Tepe Brushes or Soft Picks in between the teeth.

On your electric toothbrush use the Gum care setting followed by the whitening setting to brighten your smile.

Use recommended treatment mouthwash for 30 seconds and discard.

Drink 500ml of water to neutralize the PH in your mouth and hydrate during the afternoon.

EVENING ROUTINE

Drink 500ml of water.

Floss with Butler Expanding Floss, Inter-proximal brush with Tepe Brushes or Soft Picks in between the teeth

Use your electric toothbrush for 2 minutes on the deep clean setting with recommended toothpaste and discard remaining toothpaste, no rinsing away toothpaste.

Use recommended treatment mouthwash for and discard, no rinsing the uthwash after use.