



Irrigation Instructions & Benefits

The 8 Secrets to Optimal Breast Health

Oral Irrigation Is Significant For:

1. The health of your gums
2. Cleaning around crowns and under bridge work
3. Maintaining implants
4. Orthodontics

Pay Special Attention To:

- ✓ The angle of the stream
- ✓ Hard to reach areas
- ✓ Bleeding and sensitive areas
- ✓ Proper frequency

Please Note: The most important part of irrigation is knowing where to angle the stream of water.

- ✓ Follow the gum line with the water streaming downward, angled into the gums. This will flush biofilm and debris out of the pockets.
- ✓ Follow the gum line from the front side of the teeth and then move around to the back of the teeth.
- ✓ Pay special attention to the hard to reach areas.
- ✓ Irrigate longer in the areas that have deep pockets or bleed.
- ✓ Use a low setting for sensitive areas.
- ✓ Aim the stream of water straight through the space between teeth for good cleaning around crowns, bridge work, and implants. This angle will not properly irrigate the pockets in your gums.
- ✓ You must angle the water downward *into* the gums for proper irrigation of the pockets. You may have to use both angles (straight and downward) if you have pockets and crowns or bridge work.

- ✓ If you are using the irrigation for braces, angle the stream of water into the gums, between the teeth, through the wires and around the brackets. This may take 2-3 tanks of water.
- ✓ Irrigation should be done 1-2 times a day.
- ✓ Each time you irrigate, use a full tank of water. Use more if needed.
- ✓ Additions to the water, if desired:
 - It is recommended to add 2 capfuls of RiseWell rinse to the tank and then fill with water.
- ✓ Warm water is best if your teeth are sensitive to cold.
- ✓ Irrigate as the LAST step of your homecare routine, to be done AFTER brushing and flossing.
- ✓ A medium setting is good to start with, gradually increasing the strength of the flow (using a higher setting) based on the comfort level of your gums. In general, the higher the setting you can tolerate, the better.
- ✓

TO PURCHASE A HYDROFLOSS IRRIGATION SYSTEM: [HydroFloss.com](https://hydrofloss.com)
Use this CODE for savings: 14031



TO ORDER RiseWell: <https://gorisewell.com>

For a 10% discount, use this code on check out: Tammy10

***Medical Disclaimer:** The information provided is for educational purposes only and is not intended as a substitute for advice from your physician or healthcare professional. You are, however, advised to share and discuss the information with your physician or healthcare provider. You should not use the information found herein for diagnosis, treatment, or prevention of any health problem or as a substitute for any prescribed medication or other treatment. You should not stop taking any medication without first consulting your physician. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ OR ACCESSED HERE.*

Thermography For Health NY

120 East 56th Street 12th Floor, New York, NY 10022 | Phone: 212-838-8884
Email: Hello@ThermographyForHealthNY.com | Website: ThermographyForHealthNY.com