

## Hygiene Wound Care for 6 months (ON SURGICAL SITE)

1. Brush surgical site using soft toothbrush. PHB brand tooth brush is one option.
2. Use roll technique when brushing surgical site (from vestibule down).
3. Waterpik using lowest mode.
4. Do not use electric tooth brush for 6 months
5. Electric tooth brush should be held like a flute
6. Floss through teeth without touching gum. Don't "rope-burn" gum.
7. After 6 months it is recommended you use a hand brush. If you use an electric tooth brush use the finger-hold, like holding a flute.
8. No subgingival cleaning, probing, or restorations before 6 months