Oral Irrigator

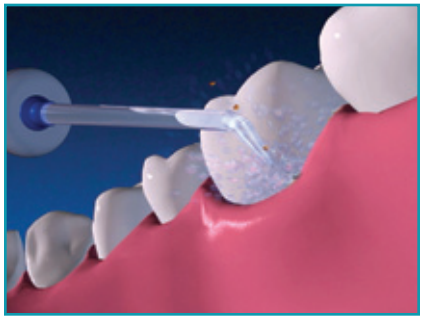
There are several good reasons to use an oral irrigator. Many people use them to reduce the bacteria that cause tooth decay and gum disease. Others use them because they make it easier to clean around braces, bridgework, or implants. Some choose them to help control periodontal disease.

No matter why you've chosen an oral irrigator, you'll get the best results if you use it correctly.



A variety to choose from


Follow manufacturer's directions


Follow the gumline

How to use an oral irrigator

Fill the reservoir with lukewarm tap water according to the manufacturer's directions. Depending on your situation, we may recommend saline, an antiseptic mouthwash, or a medicated solution instead.

If you're using a regular tip, place it at a 90-degree angle to the gumline, almost touching the tooth. If you're using a tip that's designed for rinsing below the gumline, place it against the tooth at a 45-degree angle, and gently move the tip into the gum pocket.

Set the pressure to the lowest setting and turn the unit on.

Close your lips slightly, allowing the liquid to flow out of your mouth.

Follow the gumline, pausing at the spaces between teeth for a few seconds. If you're rinsing below the gumline, make sure to reach into each gum pocket as you go.

Irrigate in any pattern you like, but since it's easy to miss the back teeth, try starting with the back molars.

Once you've learned the technique, oral irrigators can be a great help in keeping your teeth healthy and your smile beautiful.

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