



# THE BIOPRO® ORAL HEALTH PROGRAM

## STEPS TO HEALTHY TEETH AND GUMS NATURALLY

With only a few extra minutes per day, you can achieve a microbe-free mouth. BioPro® products have 22 active ingredients: plant soaps, essential oils, vitamins and herbs. You don't need alcohol, chemicals, provodone iodine or antibiotics to have good oral health. Best of all, BioPro® products taste great!

The following is the list of oral cleaning procedures. The more steps you can incorporate into your routine, the cleaner your mouth will be.

### Quick Start

1. Brush with a manual toothbrush and PerioPaste®.
2. Brush with an electric toothbrush, we prefer Rotadents®.
3. Floss and/or use toothpicks.
4. Use a tongue scraper.
5. Irrigate with an Oral Irrigator and PerioScript®.
6. Rinse with PerioClear® Mouthwash.
7. Apply PerioComfort® Topical Gel as needed.
8. Soak all toothbrushes in a 3% solution of hydrogen peroxide.

### Detailed Instructions:

#### 1. Brush with a manual toothbrush.

Using PerioPaste® on your toothbrush is an excellent tool for removing food, plaque and germs. The toothbrush's shortcoming is its large size, which makes it difficult to clean the spaces between and around the teeth. Research shows that most people brush for only 30-40 seconds. This is adequate only if you are following up with an electric toothbrush. **If you are not using an electric toothbrush, an effective manual cleaning requires about 3-5 minutes.**

#### 2. Brush with an electric toothbrush, we prefer Rotadents®.

A Rotadent® toothbrush is highly recommended because it does not damage gum tissue by being too aggressive, and it effectively cleans without unnecessary vibrations, which overtime may loosen dental restorations. It is best used with a small amount (pea size) of PerioCleanse® toothpaste for superior whitening and a dramatic difference in the way your mouth feels. The Rotadent® has a small pointed rotary action brush that easily enters those trouble areas that are not readily reached with the manual toothbrush. Concentrate your attention at the gum line around each tooth. With little effort, most of the sticky plaque and biofilm will be removed. This step takes 2-3 minutes.

Tip: After the initial charging of 24 hours, the Rotadent® must be unplugged from the charger to work.

**Note: The Rotadent® does not require the user to lean over the sink the entire time while using the brush.**

#### 3. Floss and Toothpicks are both excellent for cleaning between the teeth.

Gently slip the floss through each contact. Pulling the floss below the surface is not recommended. Flossing takes less than 1 minute OR Gently work around the teeth and gums with the toothpick being careful not to injure delicate tissue.

Do not damage delicate gum tissue with overly vigorous flossing; be gentle. Refer to The Periodontal Solution: Healthy Gums Naturally for the correct way to floss. There are electric flossers and floss holders for those who find the procedure difficult. **If flossing isn't possible, more regular visits to your hygienist are suggested.**

#### **4. Use a Tongue Scraper.**

The coating on the back of the tongue harbors many microbes; by scraping off this coating, the microbes' protective shield is removed. 2-3 scrapes is enough.

**Note: The coating at the back of the tongue is where most of bad breath originates. Brushing the tongue removes only a small amount of the coating.**

#### **5. Use an Oral Irrigator with PerioScript®**

The tip on the irrigator needs to have a very small opening, allowing for a tiny, pulsing stream of water diluted with PerioScript® (**WaterPic with PicPocket Tip, Hydrofloss with Sulcus Tip, or ViaJet with SulcaSoft Tip**).

**This is the single most important step for achieving healthy teeth and gums naturally.** An oral irrigator is a miniature showerhead that delivers cleansing solution below the gum-line. Irrigating reaches into places that a brush and floss can not go.

At this stage of the cleaning program, all surfaces of the teeth have been scrubbed and it's time to rinse. The irrigator will eliminate the microbes that the previous steps have disrupted and will find the microbes that are lurking in the crevices between the teeth and gums. Only the irrigator can penetrate these hard to reach areas. The irrigator is best used with PerioScript®, which contains Bio-Saponins, a natural soap, and 22 other active ingredients. PerioScript® dissolves the remaining biofilm, discourages the microbes from returning and encourages healthy gums.

Tip: Initially, place 6 pumps of PerioScript® in the bottom of your irrigator and then add 10-12 oz. of warm water to mix the PerioScript®; do this procedure 2 times per day for 6 days. This high concentration will insure a greater initial success. 4 pumps in 10-12 oz. of warm water once per day is the perfect amount for maintenance use.

**Note: The oral irrigator is not an oral pressure cleaner! Start off with the unit on medium pressure. As your tissue tone improves, you may gradually increase the pressure. Slowly direct the flow around the teeth at the gum line. 10-12 oz. of solution in the reservoir allows you to go around the mouth 2 times. This procedure takes less than 2 minutes.**

#### **6. Rinse with PerioClear® Mouthwash.**

PerioClear® Mouthwash will do wonders for your oral health program. There is no alcohol to dehydrate delicate tissue. The essential oils and herbs coat your entire mouth with a solution that discourages the growth of microbes and nurtures the healing process. PerioClear® is full-strength; do not dilute. Rinse for 30-60 seconds with 1-3 capfuls.

#### **7. Apply PerioComfort® Topical Gel as needed.**

PerioComfort® Topical Gel is a great tasting gel that can be rubbed into problem areas. It soothes inflamed gum tissue and provides continuous microbial protection. People suffering from canker sores and burning tongue syndrome receive immediate relief. In addition, PerioComfort® can be used as toothpaste. It works very well for people with sensitive teeth.

Tip: Carry PerioComfort® in your pocket or purse for instant dry mouth relief. **Do not use candy even sugarless mints to help with dry mouth symptoms because their use can contribute to root decay.**

All natural PerioComfort® is an excellent therapeutic breath freshener that provides long lasting protection.

**Note: PerioComfort® is so safe that it can be used to soothe the gums of a teething baby.**

#### **8. Soak all toothbrushes in 3% Hydrogen Peroxide.**

Hydrogen peroxide is a good, inexpensive and safe way to kill germs on a toothbrush. Soaking a toothbrush for a couple of minutes in a small shot glass, just enough to cover the brush works great. Hydrogen peroxide must be changed daily.