



RUBBER TIP STIMULATOR

A rubber tip stimulator is used when gingival inflammation is present to help the swelling go down or its used when there is not enough of the tooth visible to place a bracket.

Place the tip under the gum (into the space between the gum and tooth). Gently trace the outline of the tooth while staying under the gumline.

When you reach the area in between the teeth, gently jiggle the stimulator. You may see some bleeding because the tissue is unhealthy! Continue on the next tooth.

You will experience some discomfort for the first 3 to 5 days.

When the gum tissue is healthy, they will NOT BLEED! Keep tracing and jiggling until you reach this point!

Replace your Rubber Tip Stimulator every few months when you replace your toothbrush.

Take at least one minute per day to keep your gums healthy!