

Using a Water Flosser (Waterpik) Correctly

Technique, Settings & Tips — Take-Home Instructions

A water flosser is a genuinely useful addition to your routine — particularly for braces, bridges, and implants — but works best used correctly and alongside brushing, not as a full replacement for it.

Setup

Fill with lukewarm water. Use the standard jet tip for general use; braces, implant, and periodontal-pocket tips are available for specific needs.

Start Low

If you're new to it, start on the lowest pressure setting and increase gradually over the first week or two as your gums adjust.

Technique

- Lean over the sink; aim the tip at a 90-degree angle to your gumline.
- Start at the back teeth and work forward, pausing briefly at each space.
- Trace along the gumline on both the cheek-side and tongue-side of your teeth, not just straight between them.

Especially Useful For

- Braces — reaches around brackets and wires.
- Bridges — flushes debris from under the pontic (used alongside threading floss, not instead of it).
- Implants — clears the contour where the crown meets the gum.
- Deeper gum pockets — ask about a dedicated periodontal-pocket tip.

Cleaning the Unit

Empty and rinse the reservoir after each use and let it air-dry; follow the manufacturer's instructions for periodic deeper cleaning.