

## Rubber Tip Stimulator

The doctor has that you use a rubber tip stimulator for gingival massage. Regular use can significantly improve your treatment. They are very easy to use!

### Instructions for use:

1. Place side of rubber tip under the gum into the space between the gum and the tooth.
2. Gently trace the outline of the tooth while staying UNDER the gum line.
3. When you reach the area in between the teeth, gently jiggle the stimulator. Keep in mind, you may see some bleeding occur and this is because the tissue is unhealthy. This will continue to improve as brushing and massaging of the area increase. It may even be uncomfortable for the first 3-5 days. Once the gum tissue is healthy, it will not bleed.
4. Once all appropriate areas are completed, rinse stimulator with soap and warm water, then store in a clean, dry place.
5. Do this at least once a day for a minute.



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