

Water Pik Instructions:

(1)

Cord-less Water pik

versus

Normal (corded) Water pik:

-Benefits of the cordless water pik

1 You can use the water pik in the shower which results in minimal mess to clean up

-Disadvantage of the normal (corded) water pik is mess to clean up around the sink

2 You can easily pack the cordless water pik into a suit case for traveling with it.

3 Cost is manageable at about \$40 for the analog version (avoid digital controls version which is more expensive)



-Benefits of the normal (corded) water pik

1 The hand piece is much smaller, lighter and more ergonomic. So the corded water pik is much better with regards to performance because you can easily manipulate the hand piece to get excellent cleaning around your gums.

2 The Water Pik Ultra comes with several tips, including the one we recommend (Pik Pocket tip)

3 Cost is manageable at about \$60 for the Water Pik Ultra (which includes several tips including the one we recommend)



-Our recommendation is that you should have both.

-You should have the cordless water pik for use in the shower.

-You should also have the normal (corded) water pik on your counter top in the bathroom so that you can do a more thorough and perfect session with the corded water pik in front of the sink.

-Whenever you are too busy to use the more thorough corded water pik you can resort to the secondary option, which is the cordless water pik in the shower.

(2) Technique for using water pik irrigation:

- Fill tank with only hot water
- Never use listerine or other chemicals in these machines.
- Place your head over the sink and tip your chin down.
- Place hand piece in your right hand and place the tip near your tooth.
- Place your left hand on the on/off switch and turn it on (with the machine at power level 5/10)
- Use your left hand to turn on the machine and use your right hand to move the hand piece around as you clean underneath the gums by inserting the tip in-between the teeth (inside the inter-dental embrasures).
- If you do it correctly you can achieve thorough irrigation of the gums with minimal mess to clean up afterwards.

(3) Special tip we recommend:

- The special tip is called the "Pik Pocket Tip"
- Available for \$7 extra on Amazon.com
- Small , sharp rubber tip that can be inserted under the gums and in-between each set of teeth.

