

Welcome back, friend!

We hope you gained a bunch of oral hygiene insight from the last video series.

We covered so much ground.

If we had to distill it down, one of the main foundational principles we covered would be to bring our conscious attention to whatever oral hygiene activity we're doing.

Whether it's brushing your teeth, cleaning your tongue, flossing, or any other oral hygiene habit, bringing conscious awareness to the task is key for ensuring that the habit *supports* your health instead of undermining it.

Now let's jump into this next series of videos to help you become proficient at using your OraWellness Pocket Applicator.

Let's quickly touch on what to expect from the videos in this module.

In this video, we'll do a quick 'meet and greet' 😊 with your pocket applicator as well as discuss why the pocket applicator is a complete game changer for anyone with advancing gum disease.

In subsequent videos, we will cover in this series we'll cover how to make the solution Susan used to successfully stop advanced gum disease in her own mouth over 25 years ago now.

We'll show you step-by-step how to make the solution to use in your pocket applicator.

We will also share several other options that you can use in your pocket applicator and the pros and cons of each one.

Then we'll explore how to use this effective tool.

We'll give you a quick mouth anatomy overview so you'll know exactly what you'll be doing with your pocket applicator.

Then we'll explain some common challenges and a very effective 'getting started' strategy that will help you quickly and easily get through the learning curve of using your pocket applicator.

Once you're up and running, we'll discuss how to best use the pocket applicator in your mouth.

This video will explain how to really maximize your benefit over time to help you effectively address even advanced gum disease, right from the comfort and convenience of your own home.

Then we will explore some frequently asked questions regarding the pocket applicator. And we'll also cover common troubleshooting issues.

Finally, we'll wrap up the pocket applicator module (for now, at least) with a video where I'll show you how to read a periodontal depth chart from your dental office.

As you'll see, learning how to read your own periodontal chart can give you a tremendous knowledge boost when caring for your own oral health at home.

So with that, let's check out our pocket applicator! 😊

The pocket applicator comes in a paperboard tube made from 95% post consumer recycled paperboard.

We're proud to be part of the renaissance of small businesses who believe that industry and business must be a force of good for all, including the environment.

Because it's paperboard, please know that this tube will break down, especially if it comes into contact with liquid.

So, if you want to be able to use this tube as a travel case for your pocket applicator, we suggest you store your pocket applicator by itself between daily uses and keep the tube in a drawer or medicine cabinet until you'll need it for traveling.

Also, we were intentional with our cautionary words on the tube, so please be sure to read them.

Ok, so if you haven't already, go ahead and take the pocket applicator out of the tube.

The pocket applicator can look a little scary at a glance, but it is the most important tool in your HealThy Mouth System.

If you have any phobias with needles, they may start to kick in now. 😊 However, as you'll quickly see, the pocket applicator may look similar to that often-dreaded device, but it's not the same.

The pocket applicator consists of three parts:

- a 10ml syringe body
- a plunger that you can draw back to fill the pocket applicator with whatever solution you choose to use (more on this in subsequent videos)
- a tip used in periodontal treatment that's called a cannula

Look closely and you'll notice that the pocket applicator tip is *blunt*; it is not sharp or pointy because it's not intended to pierce your flesh.

It's just a thin tube that helps deliver the antimicrobial solution into the space (or 'gum pocket') between the teeth and gums.

This is similar to how floss can slip under the gum line as it enters the space between the tooth and gums, but the pocket applicator can go deeper than floss, which is critical because it helps us to stop the infection at the *base* of our gum pockets.

So, the pocket applicator is not the same as a typical syringe or needle, and it's not scary. It's simply a tool that is going to be super helpful on your path to greater oral health.

And to wrap up this intro video for the pocket applicator, let's quickly touch on why the pocket applicator is such a useful tool for anyone with advancing gum disease.

As you probably know, as gum disease progresses, our gum pockets get deeper and deeper. The thug bugs implicated with gum disease basically dig themselves deeper pockets to use as protection as they continue to undermine the health of our whole body.

And as they 'dig their trenches', they destroy our gum tissue, the connective tissue that keeps our teeth strong and tight in our jaw as well as the underlying jaw bone tissue.

This silent progression results in gum disease being the #1 cause of tooth loss in adults.

So, any care program for advancing gum disease must address this chronic infection that's at the base of the gum pocket.

In the next few videos we'll explore this in much greater detail. But for now, just keep in mind that we must be able to address the infection at the *base* of the gum pockets.

And when the gum pockets get deeper than a few millimeters, it becomes more and more difficult to stop the active infection at the base.

This is why the pocket applicator is such a powerful tool.

With the pocket applicator and the knowledge you'll learn in these educational materials, you will have the tool and the knowledge on how to stop this infection right where it's most important.

Anyway, I wanted to take a quick moment to explain why this little tool is going to give you the power to make massive change in your oral health and shock your dentist or periodontist with your progress.

And that's it for this video.

We hope by now you're comfortable with the idea of using the pocket applicator and at least realize that it's not a pointy needle.

You can do this!

In the next video, we'll dive into various options that you can choose to use in your pocket applicator.

Until the next video, keep shining your light!