

Aloha friend!

Welcome back!

So at this point, you know a lot about how to use your pocket applicator to make massive positive changes to your oral health.

You may also feel a little overwhelmed, which is completely normal given how much information you've learned.

Just take it step by step, and before you know it, you'll be a pro at using your pocket applicator.

Here's a quick recap of the process so far...

- You've learned how to make various solutions to use in your pocket applicator.
- You've also learned how to use the pocket applicator, keeping the **tip parallel to your roots** and paying attention to all **6 points around each tooth**.
- You've walked through how to get started really easily with our **'2 week' plan** to get you through the learning curve and on your way to becoming proficient using your pocket applicator in your mouth.

So today, let's explore the evolution of how you might use the applicator over time to help you manage periodontal disease for the long haul.

First, let's start by stating that you won't need to use the pocket applicator every day for the rest of your life.

We do **encourage daily use at first** in order to get the chronic infection under control as quickly as possible.

The amount of time it takes to get the infection under control will vary from person to person.

Most customers who have been in your shoes have used the pocket applicator every day for at least a **three to six months** to really turn things around, but they didn't need to treat their entire mouth for that whole time.

As you see more and more improvement, you'll be able to phase out areas that no longer need the extra support, and you'll just continue using the pocket applicator where it's needed.

Eventually, once you've fully resolved the initial infection everywhere in your mouth, you'll have increased your awareness of what your mouth feels like with and without an infection.

So, you'll be able to store the pocket applicator somewhere safe until you need to temporarily add it back into your oral hygiene routine because you feel a flare-up coming on.

We see 4 stages or levels of home care using your pocket applicator.

Stage 1: Treating the whole mouth

At first, we do suggest that you plan to care for your whole mouth when you use your pocket applicator.

This will help you learn to be able to reach anywhere you need to reach.

It will also help you identify new infections.

You see, in the case of periodontal disease, we have to play the role of detective and search for any infections.

So, treating around your whole mouth at first will help you identify any other pockets that need your regular attention.

And remember, whenever you find a zinger or an area that you can feel is infected, be sure to mark it on your Mouth Map so you have a guide for which areas need your attention the most.

Stage 2: Treating the molars

Once you get through the first few weeks, you'll be adept at using the pocket applicator around all of your teeth.

At this point, it's most likely ok to stop regularly treating areas in your mouth where you've never felt any signs of infection.

For example, for most of you watching this video, you probably won't need to treat around your front teeth regularly, since this tends to be the least likely area for deep gum pockets and infections to develop.

However, some people do have gum disease around their front teeth.

So, before you assume this is true for you, tune in during your home care and note how you feel.

Do you feel any **pain** when gently treating your front teeth?

Do you see any **bleeding** when you floss your front teeth?

Do you get any **foul smell** on your floss when flossing any pockets around your front teeth?

These are sure signs of active infection.

So, just be sure that there are no signs of an infected deeper pocket around any areas where you plan to stop using the pocket applicator.

At this point, most of us will simply need to continue using the pocket applicator around our molars.

We do suggest that you continue to diligently care for all **6 points** around each of your molars--any tooth 'behind' your canine teeth.

And be sure to pay particular attention to a couple of key areas.

First, make sure you **don't skip the early molars** (bicuspid) here and here.

These are the oldest teeth in our mouths, and they tend to be forgotten.

Also, if you still have wisdom teeth, you really want to make sure to treat around all sides of them, too.

Because wisdom teeth are so far back in the mouth, it takes effort and concentration to reach them, and it's easy to accidentally overlook them with our oral hygiene routine.

Just stay the course, caring for each quadrant and making notes of those areas that regularly 'talk' to you and suggest infection.

Stage 3: Treating only areas of active infection

Ok, at this point, you know your way around your mouth better than most people (including many dentists) know their way around their own mouths.

You know exactly which of your pockets still have stubborn active infection and which ones are closer to cooling off.

You also know all of the areas around your mouth that are feeling way better.

Now you can shift your daily care to only using the pocket applicator around those specific teeth and pockets that are still problematic.

This is when it can be very helpful to have a copy of your **periodontal depth chart** from your dentist.

On it, your dental team will have recorded the depth of all pockets around your teeth, so it can assist you in identifying any infected pockets that might need additional attention.

In the next video, we will teach you how to read this type of chart.

Suffice it to say that we suggest you continue with daily use of the pocket applicator in any pockets around your mouth where you still feel, smell, or see signs of an infection.

Stage 4: Regular oral hygiene routine and sporadic pocket applicator use as needed

The last stage of using your pocket applicator is when you have successfully stopped active infections in all pockets around your mouth.

That means that you never have to use your pocket applicator again, right?

Wrong.

As you know, periodontal disease is a systemic disease and it's also communicable.

Just because you have successfully knocked down all active infections in your gum pockets at this time, that doesn't mean that thug bugs can't ever recolonize those gum pockets again.

And if you are in a relationship with someone who has active gum disease, your mouth very well may become reinfected unless they are treating their system too.

So, the bad news is that caring for periodontal disease is an ongoing process.

But the good news is that using your pocket applicator is like riding a bike.

You now have confidence and competence using this powerful tool in your toolkit.

Plus, it's much, much easier to knock down any reinfection now that you've gotten your initial colonization under control.

To this day, I will still see Susan get out her pocket applicator every once in a while, particularly during stressful times when her immunity is compromised.

What you'll find is that over time you'll have fewer and fewer infection flare-ups.

Also, it will be easier and easier to knock down any thug bug recolonization efforts, because you'll be more aware of what's going on in your mouth and you'll be able to address them before they've had enough time to really set up camp and get cozy.

So at this stage of home care, you maintain your daily conscious oral hygiene routine, always watching for any signs of infection.

And if/when you find any signs of infection like **tenderness, swelling, bleeding**, or a **bad smell**, you immediately get out your pocket applicator and care for that area.

What you'll find is that when you address it early, within a few days of consistent care, the infection will subside quickly.

The bottom line is that you now have full capability to stop infections and initiate the body's natural healing mechanisms for any gum issue.

And by interrupting the inflammatory cascade caused by chronic gum infections, you are also actively disrupting the disease pathway for many system-wide imbalances.

Congratulations! You have now viewed all of the videos that explain how to use your pocket applicator.

In the next video, we will walk through how to read your dentist's periodontal depth chart.

As you'll see, a periodontal depth chart can provide valuable insight into where you need to focus most of your care with your pocket applicator.

And in the module after that, we will answer many Frequently Asked Questions on using the pocket applicator.

Thanks for watching and we'll see you in the next video!