

Effects of the "Toothpick method"



※ Toothpick method brushing illustration

Case 1

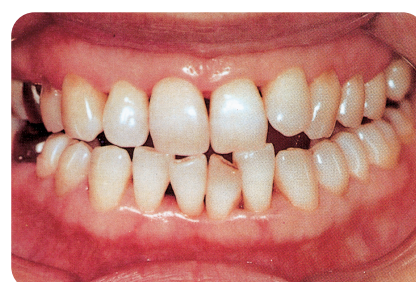
First medical check condition
(48 years old, female)



Applying the toothpick method ...



Condition after 1 month of brushing



Case 2

First medical check condition
(27 years old, male)



Applying the toothpick method ...



Condition after 6 months of brushing



Photo courtesy of Okayama University Graduate School of Medicine and Dentistry Department of Preventive Dentistry

Symptoms

- Matter discharge from gums
- Bleeding gums
- Bad breath
- Swollen flabby gums
- Difficulty to bit into hard food



Condition after brushing treatment

- Firm gums
- No bleeding or matter discharge
- Gum color became a healthy pale pink
- No more bad breath
- Less tooth wobbling



Periodontal disease is a disease that you can prevent on your own!

The Toothpick brushing method

A refreshing feeling with interdental brushing

Stronger gums with massage

To prevent periodontal disease, it is important to maintain strong gums that can fight periodontal disease bacteria. The reason for this is, periodontal disease (gingivitis or periodontitis) progresses as gingival resistance decreases. Due to the mechanical irritation (massage effect) caused by the "toothpick brushing method," gingival cells increase and inflammation can be cured. This cell proliferation is seen only in the areas touched by the tip of the toothbrush. Therefore, you need to polish with a toothbrush tip between the teeth.



Okayama University
Professor Emeritus
Tatsuo Watanabe

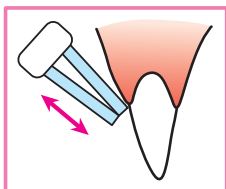
An idea born from preventive research on periodontal disease

How to brush your teeth using the "Toothpick method"

A refreshing feeling with interdental brushing!
Massage that makes gums stronger!

From the front side

Front teeth



For the upper teeth, with the brush facing downwards position it between teeth and gums. (When brushing the lower teeth turn the brush upwards)



Keeping the same orientation, move the brush sliding it toward the tip of the teeth.



When the tip of the brush reaches between the teeth, return it to the original position. Repeat this movement about 10 times for each place.

Back teeth



The angle at which the tip of the brush reaches between the teeth is roughly 90 degrees. (Slightly downwards for the upper teeth, and slightly upwards for the lower teeth)

From the back side

- For the backside, use the tip of the toothbrush to poke between the teeth and repeats about 10 times for each place.
- A number of bristles matching the size of the interdental space will enter and clean the space.



For the front teeth position the toothbrush diagonally

Lower front teeth



The left figure seen from the inside



Back teeth

- Use other brushing methods than the toothpick method depending on the area, such as tooth surface or bite area. You can brush all of your teeth with a V7 toothbrush.
- Also suitable for people wearing braces or for brushing of implants.

When using the toothpick brushing method

- There may be considerable bleeding from gums, but bleeding usually stops after one to two weeks. (This is because the gums become stronger due to the massaging effect of brushing.)
- Gums that were swollen due to periodontal disease will become former, so gums may recede.
- It is recommended to brush thoroughly once a day for about 7 to 8 minutes.
- If after continuing the toothpick method you feel that the symptoms have worsened, please consult your dentist.

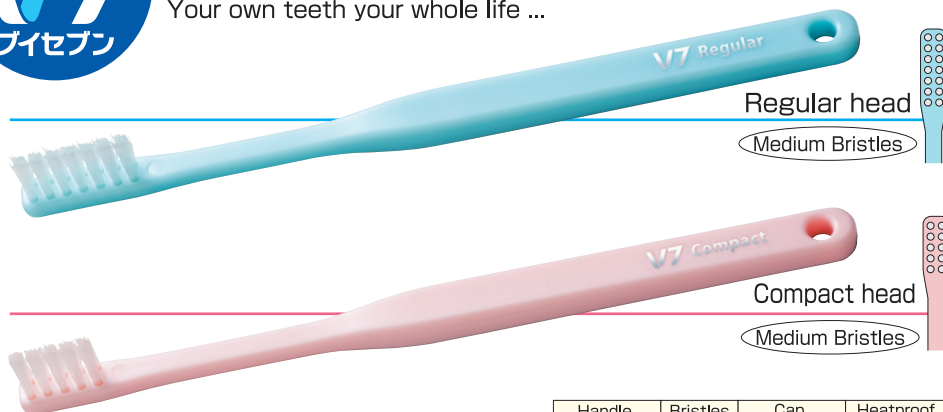
Recommended for people who

- Are concerned about periodontal diseases (gingivitis and periodontitis).
- Are concerned about bad breath.
- Have tried interdental brushes and dental floss but did not last long.
- Find it difficult to brush back teeth and other difficult areas with normal toothbrushes.



Toothpick Method Toothbrush V7

Your own teeth your whole life ...



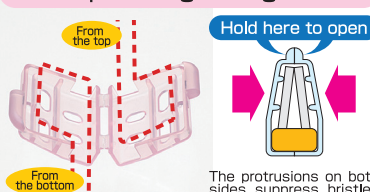
Handle material	Bristles material	Cap material	Heatproof temperature
Polypropylene	Nylon	Polypropylene	80°C



Two-row V-type bristles that can easily reach between the teeth

Designed so that the bristles can easily reach between the teeth. By employing the toothpick method, you can effectively remove dental plaque and massage the gums.

The cap for long-lasting bristles



Can be used from either side.

The protrusions on both sides suppress bristles from bending and help to keep your toothbrush in good condition for longer. It is also easy-to-carry.

PMJ Co., Ltd.

541-1, Nishiichi, Minami-ku, Okayama City, Okayama, 700-0953, Japan
Phone: +81-86-244-1251 Fax: +81-86-244-1351
<http://www.pmjv7.co.jp> E-mail: info@pmjv7.co.jp