

dental air force[®]
the home dental cleaning system

IMPORTANT: READ ENTIRE MANUAL BEFORE USING APPLIANCE.

**Owner's Operating Manual
Model No. 002009**

Manufactured by

Air Force Inc

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United States and foreign patents and trademarks apply.

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Congratulations!

You have purchased the first and only home dental technology of its kind. **Dental Air Force®** replaces tooth brushing and flossing when used twice a day and can be used to whiten your teeth.

We want you to get the most out of your investment, so please read this manual. If you have any questions call or email our **Customer Assistant** at the phone number or email on the manual cover.

Dental Air Force® is dedicated to protecting your teeth and oral health. Regular visits to your dentist along with daily home dental care are critical to a healthy life. Thank you for selecting **Dental Air Force®** to assist in your life of good health.

The biggest compliment you can give us is to refer this appliance to your friends and family.

Sincerely,
p., piero d.d.s.
ceo, Air Force Inc.

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IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING

DANGER – To reduce the risk of electrocution:

1. Always unplug the appliance immediately after using.
2. Never place the main housing and the electrical cord in the sink, tub or shower. The hand piece only may become wet in the sink or shower.
3. Insure that the main housing is secure. Put the housing on a secure, strong, flat surface. Do not place or store housing where it can slip, fall, vibrate or be pulled into a tub or sink.
4. Do not place housing in or drop into water or other liquid. Never place the housing and the electrical cord near water where it can fall, slip, or be pulled in contact with the water - even by accident.
5. Do not reach for the appliance if it has fallen into water. Unplug immediately.
6. Connect the appliance to a properly grounded outlet only. Use only 120 volt, 10 amp, 60 Hz, GFI type, UL approved.

WARNING – To reduce the risk of burns, electrocution, fire, or injury:

1. Keep the electrical cord and hoses away from heated surfaces produced by hair curlers, hair dryers, space heaters, etc.
2. The appliance should never be left unattended when plugged in.
3. Adult supervision is required for children when the appliance is used for children, used by children, or placed around children. Be very careful to keep this appliance out of the reach of very young children.
4. Close supervision is necessary when this product is used by, on, or near invalids.
6. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer. Use this appliance only as described in this manual. Any modifications to this appliance voids the warranty and puts you at risk.
7. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, has missing or worn parts, if it has been dropped or damaged, or dropped into water. Call our Customer Assistant at the phone number on the manual cover for return and examination of product.
8. Never block the air openings of the product or place it on a soft surface, such as a bed or couch, where the air openings may be blocked. Keep the air openings free of lint, hair, and the like.
9. Never use while sleeping or drowsy.
10. Never drop or insert any object into any opening or hose.
11. Do not use outdoors or where oxygen is being administered.

IMPORTANT SAFEGUARDS

MEDICAL WARNINGS

1. Always consult your dentist first in the uses of all dental products.
2. **Dental Air Force®** cleaner cups are part of the safety system. For your safety, use only these specifically selected cleaner cups.
3. Do not use this appliance and its cleaner if on a salt restrictive diet until you consult with your doctor or dentist.
4. Consult your dentist if you have had mouth or gum surgery in the previous twelve months; if your physician or dentist has advised you to receive antibiotic premedication before dental procedures; or if you have heart problems (defective, damaged or prosthetic heart valves).
5. Never spray eyes, ears, nose, or body parts other than in the mouth.
6. Never spray down the throat.
7. You may experience some bleeding from the gums at first, but if this continues or there is any other adverse reaction, stop use and contact your dentist immediately.
8. Use this appliance for dental cleaning and for no other purpose.

SAVE THESE INSTRUCTIONS

SAFETY DEFINITIONS



DANGER = the nature of the risk may result in death.



WARNING = the nature of the risk may result in injury.

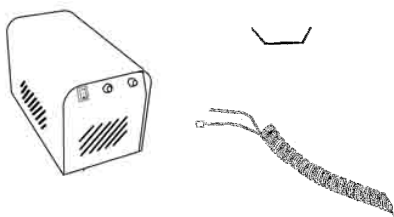
SAFETY CERTIFICATION OF THE SYSTEM

The system was developed by an experienced dentist, P., Piero D.D.S., reviewed by independent dentists, underwent university clinical studies, complies with UL (for 110V model), CSA (for 110V model), CE (for 220V model) standards and is approved by the FDA for marketing.

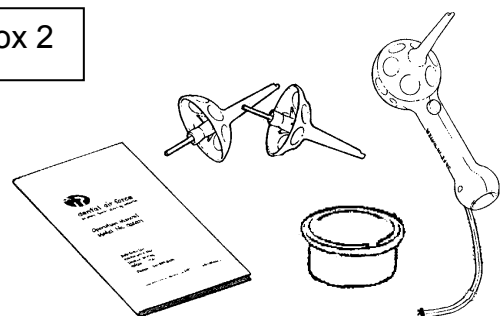
AS SHIPPED

There are two boxes. Box 1 holds the main housing, coiled tubing, and acrylic hand piece holder. Box 2 holds the hand piece, cleaner and printed information (including this manual).

Box 1



Box 2



SAVE THE BOX

Save the box and packing materials for Box 1 until you are sure everything works and there is no shipping damage. If you need to return damaged goods, the warranty requires goods be returned in the carton with the packing material.

PLACEMENT OF THE SYSTEM



DANGER

To prevent electrocution:

Never place the housing and the electrical cord where they can slip, fall, or be pulled down into the water - even by accident.

Never place the housing and the electrical cord in the sink, tub or shower.

Do not place the electrical cord or hoses near any extreme heat that is produced by hair curlers, hair dryers, space heaters, etc.

Keep the electrical cord and hoses safely stored - do not let a child pull, play, or accidentally become tangled with the cord or hoses.

Be sure the electrical cord is completely dry before you plug it in.

Put the main housing on a secure, strong, flat surface.

Put the main housing where the hand piece easily reaches the sink or shower.

Insure that the housing will not slip, be pulled, or vibrate off and fall.

Plug the electrical cord into **110 Volt, 60 HZ, 10 AMP GFI type** outlet.

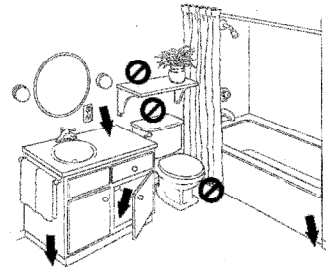
Suggested housing positions:



SAFE

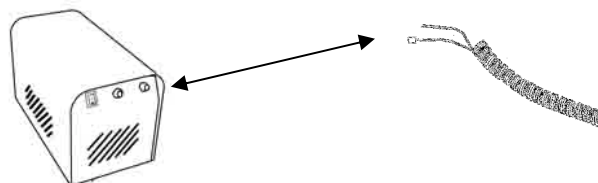


NOT SAFE



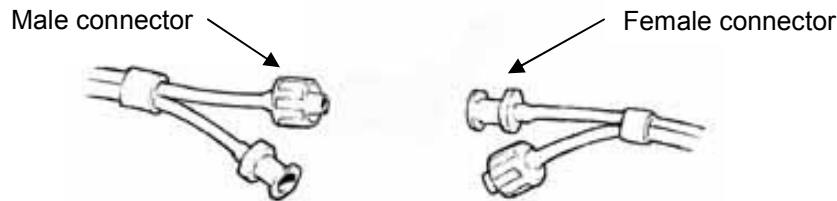
ATTACHING THE COILED TWIN TUBING

- Screw the metal fitting on the tube into the metal fitting on the main housing.
- Push the white tube with no fitting into the plastic fitting on the housing.
- Insure each of the fittings is snug.



ATTACHING THE HAND PIECE

- Locate the plastic quick disconnects on the end of the twin tube coming off of the main housing found in box 1.
- Locate the plastic quick disconnects at the end of the hand piece found in box 2.
- Twist the male connector on the main housing onto the female connector on the hand piece.
- Twist the female connector on the main housing onto the male connector on the hand piece.
- Insure each of the connectors is twisted snugly.



TO LENGTHEN THE HOSE (If the optional hand piece extension accessory is purchased.)

The hand piece comes with quick disconnects to enable you to lengthen your hose by adding an *optional* hand piece extension accessory.

This allows you to use the hand piece in the tub or shower.

(Remember – the main housing may not be placed in the shower.)

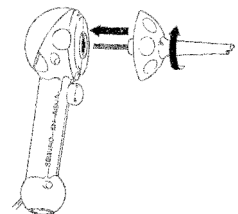
A longer hose would also allow you to route the hose through a cabinet or wall by first detaching the hand piece using the two quick disconnects found on the hose. If you find the hose is not long enough for your needs, please contact us.

If you have the optional hand piece accessory kit to lengthen your hand piece hose, follow these instructions to install:

- Detach the hand piece by twisting (1/2 turn) the two connectors located about 6 inches from the hand piece.
- Insert the additional length of hose by twisting each male connector to each female connector.
- Insure each of the connectors is twisted snugly.

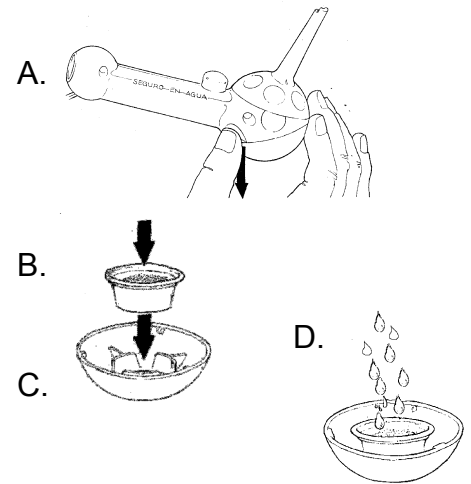
INSERTING THE TIP

To insert a tip, gently place your tip into the hand piece hole until it snaps. To aim the spray, the tip can be rotated in any direction, at any time. Extra tips for other family members are available.



FILLING THE DENTAL CLEANER CUP

- A. Snap the cup collar off of the hand piece.
- B. A reusable cleaner cup is provided with the system.
Fill cleaner cup with 1 tsp of dry cleaner.
Use more cleaner for a drier and more aggressive cleaning.
- C. Place cup into collar.
Insure lip of cup is free of cleaner.
- D. Fill cup with water or hydrogen peroxide.
Hydrogen peroxide will give a better cleaning while also bleaching teeth.



The system can use water or hydrogen peroxide to wet the cleaner.

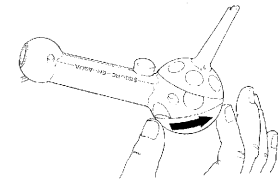
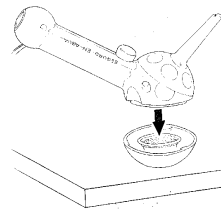
A slightly more aggressive cleaning can be obtained by using a little less water in the cup. However, enough water &/or hydrogen peroxide must be used to completely wet the slurry.

INSERTING THE CUP WITH COLLAR ONTO HAND PIECE

With hand piece in one hand and collar in the other, firmly snap hand piece on collar.
Give the collar a slight twist to seal.

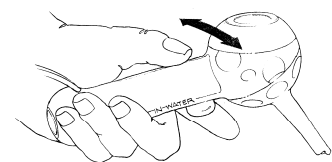
OR

An alternative method is to:
Place cup & collar on the counter.
5th Firmly snap hand piece on collar to seal.
6th Give collar a slight twist to seal.



Shake hand piece so cleaner is mixed into a milkshake consistency.
Cleaner will not entirely dissolve.

- ★ Cup will pop off, if tip becomes clogged, because:
 - cleaner was not mixed to a milkshake consistency, or
 - slurry was too dry, or
 - cup was not removed and hand piece cleaned after last use, or
- ★ Cup will also pop off if o-ring needs lubricating (see bottom of page 8).



TURNING THE SYSTEM ON



WARNING

To prevent injury:

Never spray eyes, ears, nose, or any body parts other than in the mouth.

Never spray down the throat.

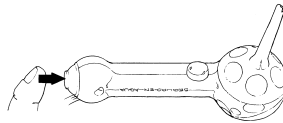
Push the POWER switch on the main housing to bring power to the unit.

This power switch can be left on if desired.



Press button on the bottom of hand piece to turn the appliance ON.

Air ONLY will emit from the tip.



CLEANING ALL SURFACES OF THE TEETH

Hold head over sink. Place tip in mouth. Keep mouth slightly open to allow the cleaner slurry to run out of your mouth and into the sink.

Push button on hand piece below the tip to emit cleaner.

Cleaner will emit along with air each time the button below the tip is pushed.

A light tap will emit a small amount of cleaner.

A harder or longer push will emit a larger amount of cleaner.

If you keep the red button depressed continuously it will emit the cleaner continuously.



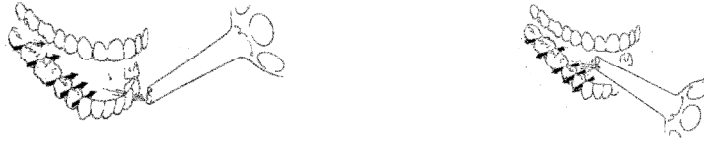
★ It is best to start at the back top teeth, working around like you are painting each tooth and end in the front bottom tongue-side using the slurry already in the mouth.

Insure the hand piece is not being held upside down to direct the spray - rotate the tip to direct the spray). The colored straw in the tip must be submerged in the cleaner slurry in the cup.

Periodically shake the hand piece throughout the cleaning process to insure slurry is mixed.

Each cup contains enough cleaner for a thorough cleaning. The amount of cleaner emitted from the tip with each push depends on how hard and how long the button is depressed. Each persons touch is different. Start by depressing the button at every few teeth intervals. Spray teeth longer in areas where a more thorough cleaning is needed, usually behind lower front teeth, or where plaque tends to build up in your mouth. Continue emitting the cleaner until the cup is empty.

You can continue spraying using the cleaner already in the mouth to get a more thorough cleaning. The air stream will propel the abrasive component for 2-3 minutes after the cup is empty. Spray teeth for at least 2 minutes (30 seconds in each quadrant); longer if a more thorough cleaning is desired. Spray at teeth, between teeth, and along the gum line. Use the slim tip to reach the teeth in the back of the mouth.



Many bacteria producing odors reside on your tongue. Using the tip; scrape and spray the entire tongue surface.

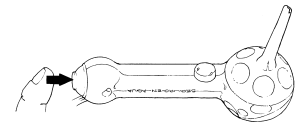
It is normal for a slight amount of cleaner to remain in the cup, particularly when the hand piece is not shaken during the cleaning process.

TURNING THE SYSTEM OFF

Push button on the bottom of hand piece to shut the appliance OFF.

It is important that the appliance at the hand piece is turned OFF after each use.

Continuous running of the compressor will damage the unit.



The power button on the main housing can be left on as it only insures power to the unit.

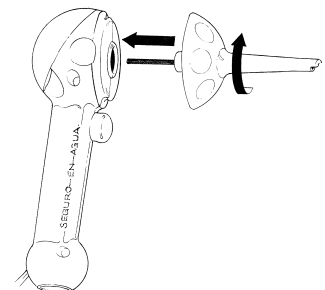
REMOVING THE TIP

To remove the tip, twist tip slightly to break seal, place thumb in hand piece groove, wrap fingers around tip and pull from hand piece.

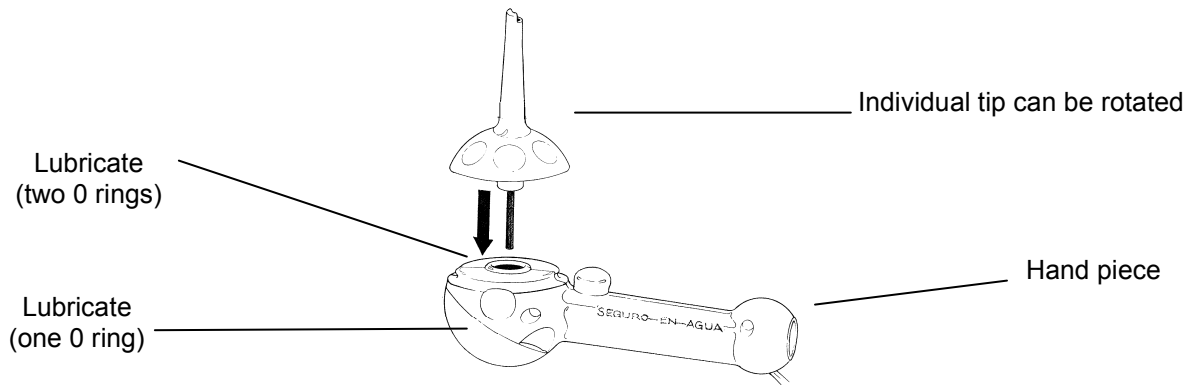
The tip should be removed from hand piece after each use and rinsed with water.

- ★ Spray may sputter or stop because:
 - tip was not cleaned after last use,
 - tip is clogged.

- ★ Tip may become difficult to rotate or remove because:
 - It was left on hand piece over a period of time.



If tip becomes difficult to rotate, it can be lubricated with petroleum jelly, vegetable oil, spray cooking oil, mineral oil, etc.

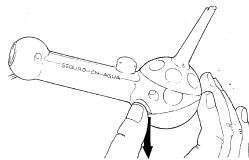


Using a cotton swab, apply a light film of lubricant on the two black O rings (as shown on tip side of hand piece) and the one black O ring (as shown on collar side) to ease tip rotation and insertion and seal of cleaner cup.

Periodically lubricating o-ring in back also enhances the seal of the cup.

REMOVING THE DENTAL CLEANER CUP

Snap cleaner collar off of hand piece and remove the cup. Cup may contain some residue cleaner – that is normal.



Rinse cup and collar with water.

Always remove the cup after each cleaning. Do not leave a partially used cup in the hand piece. If the used cup is not removed, the tip may become clogged.

Do not accidentally discard the cup or collar as they are **reusable**.

CLEAN UP



DANGER

To prevent electrocution:

Never place the housing and the electrical cord near water where they can fall, slip, or be pulled in contact with water – even by accident.

With the system off, rinse the tip, cup, collar, hand piece and hose under running water. (These parts are safe in water.)

While the back of the hand piece is under running water, press the button found below the tip on the hand piece. This will clear any cleaner from the luer plug.

Shake most of the water off these parts.

Any water, left inside the hand piece from cleaning, will drain out the hole near the white hose. Store the hand piece on the cradle.

Rinsing the entire hand piece after each use will prevent clogging and insure top performance of the system.

Picking away dried dental cleaner with a sharp tool will damage parts.

Dried cleaner can be scrubbed away with water and a soft bristle brush.

Unplug the electrical cord before cleaning the cord or the main housing.

Routinely disinfect the hand piece and tips with mild household cleaner or alcohol.

Do not allow water to get into the housing through the air vents.



DANGER

To prevent electrocution:

Be sure the electrical cord is completely dry before you plug it in.

STORAGE

Unplug the electrical cord before storing the appliance.



WARNING

To prevent injury:

Insure cord has no abrasions, knots, kinks, damage to the prongs, or exposure to heat while storing.

Never use an electrical plug with a loose prong.

Never force plugs in outlets.

Never use this appliance with a damaged electrical plug.

Insure white hand piece hose is not twisted or crimped.

Store the appliance upright and where no water can access the main housing.

WHAT TO CHECK IF THERE IS A PROBLEM

If you experience any dental problems:

- Discontinue use and consult your dentist immediately.

If you pushed the button at the bottom of the hand piece and the appliance did not turn on:

- Check the electrical plug to insure it is fully plugged in the outlet.
- Check that the black switch on the housing is pushed on to insure there is power to the system.
- Plug another appliance in the same outlet to insure the outlet has power.
- Check GFI outlet breaker, and reset if required.

If you pushed the button at the bottom of the hand piece, the appliance turned on, but no air is emitting from the tip:

- Insure that the hand piece hose is not twisted or crimped.
- Check the hand piece hose for any air leak. Insure the two quick disconnects on the hand piece hose are tightly screwed.
- Press tip into hand piece to insure it is completely in place.
- Try another tip, to insure that the tip is not clogged. If tip is clogged, soak and wash with soapy water and rinse with clear water.

If you pushed the button below the tip and cleaner did not spray out the tip:

- Be sure the appliance was turned on by pushing the button at the bottom of the hand piece.
- Ensure the dental cleaner cup seals to rim by firmly snapping the collar on and twisting.
- Insure the hand piece is not being held upside down to direct the spray (instead of rotating the tip). The colored straw must be submerged in the slurry in the cleaner cup. If not, this will prevent the slurry from spraying out of the tip.
- The o-rings in the hand piece need lubricating (see bottom of page 8).
- Soak the head of the hand piece in water. Remove and pump the button below the tip while the back of the hand piece is under running water to clear any cleaner from the luer plug.

The tip is hard to rotate.

- Remove the tip. Using a cotton swab, place a small amount of petroleum jelly, spray cooking oil or lubricant on the two black O rings in the hand piece.

The hand piece white hose hisses.

- The hand piece hose should not leak air. If the hose leaks, tighten the two quick disconnects that are located on the hose about 8 inches from the hand piece.

If the cleaner cup takes too long to empty:

- Tap or press the button below the tip more frequently during cleaning to emit more cleaner.

If the cleaner cup empties too fast:

- Reduce the frequency of taps or pushes to the red button.
- Reduce the time actually holding down the red button. It only needs a tap to emit cleaner.
- The o-rings in the hand piece need lubricating (see bottom of page 8).

If these actions do not resolve your issue, call the **Customer Assistance at 616-399-8511.**

GUARANTEE AND LIMITED WARRANTY

30 DAY – MONEY BACK GUARANTEE

The **Dental Air Force®** home dental cleaning appliance is guaranteed for a period of thirty (30) days from the original date of purchase for the original purchaser only. If, for any reason, you are not satisfied with your **Dental Air Force®** home dental cleaning appliance within the first thirty (30) days from the original date of purchase, return it to the place of purchase in the original packaging and box for a refund of the original purchase price less \$10 for handling fee. Dental cleaner is not returnable.

1 YEAR LIMITED WARRANTY

The **Dental Air Force®** home dental cleaning appliance has a one (1) year limited warranty from the original date of purchase for the original purchaser only. The appliance is warranted for the first twelve (12) months by the manufacturer for parts and labor under a full care service agreement, provided by the manufacturer at no additional cost to the end user. This limited warranty is subject to the disclaimers, exclusions, limitations and one year limited warranty remedy described below. This limited warranty gives you specific legal rights. You may also have other rights, which may vary by state.

DISCLAIMERS

There is no warranty that extends beyond those described in the limited warranty printed here. **Air Force Inc** makes no representations of any kind, expressed or implied, regarding products manufactured or distributed, of merchantability, fitness for a particular purpose, of any other matter.

Air Force Inc is not liable for incidental or consequential costs or losses incurred by the product purchaser or user. Agents of **Air Force Inc** have no authority to make representations of any sort beyond those contained herein. The product price is in consideration of limiting **Air Force Inc's** liability for **Dental Air Force®** home dental cleaning system manufactured or distributed.

EXCLUSION

This limited warranty does not cover individual tips or cleaner cups.

LIMITATIONS

This limited warranty does not cover home dental cleaning appliances that, in **Air Force Inc's** judgment, are damaged by normal wear, improper use, accidents, alterations, or improper maintenance or repairs. Some states do not allow the exclusion or limitation or consequential damages, so the above limitation or exclusion may not apply to you.

1 YEAR LIMITED WARRANTY REMEDY

Your **Dental Air Force®** home dental cleaning appliance that has a material or workmanship deficiency within one (1) year of the original date of purchase will be repaired or replaced at no charge. Shipping and handling will be provided by the consumer.

The **Dental Air Force®** home dental cleaning appliance must be returned in its original packing and box to **Air Force Inc** in Holland, Michigan for evaluation before any repair or replacement is given.

Proof of purchase showing amount paid and date of purchase must also be included with the appliance when it is returned.

HOW CHILDREN USE THE SYSTEM

Children can receive the same beneficial cleaning as adults, safely.



WARNING

To prevent injury:

Adult supervision is required for children when the appliance is used for children, used by children, or placed around children.

Never direct the spray at eyes, ears, nose, or any other part of the body other than the mouth.

Keep the electrical cord and hoses safely stored. Do not let children pull, play, or accidentally become tangled with the cord or hoses.

Each child has different dexterity and develops at a different rate. **Check with your dentist on how old your child must be before you begin to use this system.**

Children can be easily taught to correctly use the system, and the novel nature of the system along with encouragement from adults can promote good daily dental cleaning habits.

Clean your child's mouth with this system much as you would your own. Use only cleaning methods and care described by your dentist and this manual. A child's mouth is small, so the angles used to spray the teeth and around gums will differ slightly from those used by adults. A child may want to remove cleaner from their mouth more often, which is fine.

With young children, an adult should direct the hand piece and aim the spray - with the child helping occasionally for practice. Older children will only require instruction and supervision from an adult, as they will be able to control the appliance for their daily cleaning.

Ensure child uses the system responsibly.

It is important that the machine is turned OFF after each use.

Continuous running of the compressor will damage the unit.

THE GROWTH OF PLAQUE IN THE MOUTH

The mouth is a warm, dark, moist environment of a constant temperature with a steady supply of carbohydrates – truly ideal bacteria growing conditions. These bacteria form plaque – a sticky film on teeth.

This greasy film coats visible and invisible surfaces of your teeth and tongue. Concealed in the film of plaque, mainly between teeth and along the gum line, odors and acids are produced. The odors are the major source of bad breath. The teeth, bathed in the acids become decayed. The acids ooze into contact with gums and trigger a response by our own immune system, becoming the inflammation known as gingivitis. This condition can lead to bone loss, called periodontal disease.

The amount and location of bacteria in the mouth is very critical. The bad bacteria that live in between teeth and along the gum line under the sticky film actually live in the absence of air. They have a difficult time living when exposed to air.

Plaque grows VERY fast. The bacteria causing plaque reproduce exponentially every hour. This means that if you start off with a bacteria population of one (1x) (1x being the amount of bacteria in your mouth after a professional cleaning – which you can't achieve in the home), after one hour you have doubled (2x) the population of bacteria and after two hours you have 4x, then 8x, 16x, etc. In eight hours you have a plaque population of 256x, in twelve hours – 4096x, in twenty four hours – 16.8 million x. Removing 24 hours of plaque growth is a lot more difficult than 8 or 12 hours worth.

Poor cleaning in a few areas (between teeth and inaccessible with a toothbrush) will leave heavy concentrations of bad bacteria that can repopulate other areas of the oral cavity. Most conscientious people will try to overcompensate and brush harder with a toothbrush. This over abrades the area where the teeth and gums meet, exposing root surfaces, and causing sensitivity to hot, cold and sweets, while still leaving the bad bacteria between the teeth. Because each person develops an individual pattern of brushing their teeth, a toothbrush will also chronically miss areas where the anaerobic species of bacteria grow and chronically over abrade other spots.

Effective home cleaning must:

1. break through the sticky, greasy, plaque shield with an abrasive
2. remove the food particles and plaque (getting as close to 1x as possible)
3. aerate the site
4. neutralize the acid
5. and not over abrade

Controlling plaque depends on frequency and thoroughness of cleaning. The more times you clean your teeth daily, the better. The more meticulousness you clean your teeth each time you do clean them, better yet.

Check your plaque build up and concentrate on those areas while cleaning:

1. Use the Dental Air Force® system with the air only to dry your teeth.
2. Look into the mirror and allow the light to bounce off your teeth.
3. Wherever you see dull areas (between teeth and around the gums) on otherwise shiny surfaces, you have plaque beginning to build up.

EFFECTIVE HOME DENTAL CLEANING

Dental Air Force® uses a precision jet of air and dental cleaner slurry to loosen and flush food and plaque from the teeth, between teeth, and around the gum line. By accessing the tiny spaces in between the teeth, **Dental Air Force®** eliminates flossing.

Sodium bicarbonate is the main ingredient in the cleaner that acts as the abrasive to cut through the sticky film. It is also the most widely accepted and natural cleaning agent that promotes a neutral environment. (Remember, an acidic environment is what the bacteria like.)

The tiny spaces between the teeth and along the gum line are aerated by a constant stream of air. In doing this, you are trying to change the environment in your mouth, making it difficult for the bad bacteria to reside.

A slim tip, which can be rotated, assists in delivering the air and cleaner slurry to the hard to reach spaces between teeth, in the back of the mouth, and along the gums allowing effective cleaning without being overly abrasive on the well exposed cheek-side surfaces of teeth. (Clinical studies at the University of Detroit, Mercy School of Dentistry show that **Dental Air Force®** removes 62.5% more plaque between teeth than the leading power toothbrush.)

The new technology used in **Dental Air Force®**:

1. breaks through the sticky, greasy, plaque shield with an abrasive
2. removes the food particles and plaque (gets close to 1x under normal circumstances when 2 cleaner cups are used each day)
3. aerates the site
4. neutralizes the acid
5. does not over abrade

It is the only appliance of its kind that is FDA approved for marketing to replace tooth brushing and flossing.

Because of the spray, **Dental Air Force®** provides a random cleaning, not allowing an abrasive or ineffective pattern to form as when using a toothbrush.

Getting as close to 1x as possible is the key to effective cleaning. However, it is dependant on many variables – if you grow plaque rapidly, have orthodontic appliances, many restorations, bridge work, or implants, have periodontal disease, experience frequent bad breath, are a smoker, allow more than 12 hours to lapse between cleanings, or were not very thorough in cleaning your teeth the last time. You should clean your teeth with the system twice a day, for 2-4 minutes per cleaning. You would clean your teeth longer than 2 minutes if you experience one or more of the variables or simply want an exceptionally clean mouth.

Remember, if you have not cleaned your teeth for 12 hours, you would have a plaque count of 4096x. Removing that is a lot more difficult than removing an 8 hour plaque count of 256x and would necessitate more time cleaning. If you use **Dental Air Force®** only once a day, you are attempting to remove a plaque count of 16.8 million x. Again this is much more difficult than the 8 hour count of 256x, so longer than 2 minutes with one cleaner cup would be needed. If you use the Dental Air Force® system once a day, it is necessary to brush your teeth another time of day.

FURTHER DISINFECTING & WHITENING TEETH

Hydrogen peroxide acts as a bleaching and disinfecting agent. (Use caution as it will bleach clothing as well.) The whitening effect accumulates over time and is the preferred method of bleaching teeth. The additional benefit is a continuous and routine disinfection and oxidation between teeth and tissue. The oxidation assists in changing the environment in the mouth making it unfavorable to the bacteria-causing plaque that live in the absence of oxygen.

Dental Air Force® whitens teeth both extrinsically and intrinsically. The extrinsic stains (coffee, tea, smoking, blueberries, etc.) are created by pigments coloring the plaque left on your teeth from improper plaque removal. The intrinsic stains are caused by aging and the absorption of extrinsic stains into the tooth over a period of time and can only be removed by bleaching. The bleaching procedure is typically costly, requiring cumbersome bleach trays and a regimented process.

The **Dental Air Force®** system can be used to remove the intrinsic stains similar to home and professional bleaching treatments by replacing the water added to the cup with hydrogen peroxide (the 3% household variety from the grocery store). This procedure does not require cumbersome bleach trays and is performed at the same time you are cleaning your teeth.

You may experience some sensitivity or tissue irritation when first using hydrogen peroxide. This will usually subside with use; however, everyone's tolerance is different. A generic water bottle can be used for the storage of water or hydrogen peroxide. Use the water bottle for conveniently diluting the hydrogen peroxide. To find out your tolerance start by using 1/3 hydrogen peroxide and 2/3 water in the water bottle.

Gradually increase concentration over 2-3 week period.

If excessive sensitivity or irritation persists, discontinue the hydrogen peroxide and use only pure drinking water or go back to a more dilute mix of hydrogen peroxide and water. Hydrogen peroxide does not kill yeast organisms and you should alternate with pure water intervals after one month of use.

It is now becoming popular with periodontists to recommend irrigating pockets along the gum line with a very weak solution (20:1) of water (20 parts) and sodium hypochlorite (household bleach) (1part). Check with your dentist to see if this disinfecting technique is right for you.

RECOMMENDATIONS

Like any new technique, practice is needed to get familiar with using **Dental Air Force®**. You spent years using a toothbrush, and now you will be using a totally different technology that may feel awkward and cumbersome at first. To avoid making a mess of mirrors and surfaces, be sure to hold your head down over the sink and keep your mouth slightly open around the tip. The water and cleaner should be able to flow out of the mouth and into the sink. Or the hand piece comes with a long hose to enable you to take it into the shower with you.

Never bite the tip with your teeth to avoid injury to your teeth. Press the red button to stop the appliance and use your fingers to rotate the tip, aiming the spray in a new direction.

Do not leave a partially filled cleaner cup in the hand piece for use at a later time. The cleaner will harden and clog the tip.

RECOMMENDATIONS continued on next page...



RECOMMENDATIONS (continued)

If gums have not received regular daily care, a small amount of bleeding can occur with the first few cleanings. Gums do not normally bleed when a twice-a-day cleaning routine is followed. If you feel the spray is too powerful for your gums, hold the tip further away from your teeth and gums. However, if there is extensive bleeding, or continuous bleeding gums, or tender gums, or a sore spot of any kind, **check with your dentist first before you spray these areas.**

Water or hydrogen peroxide can be used to wet the cleaner. The cleaner is free of sodium laurel sulfate, found in most tooth paste and known to irritate tissue and/or interfere or counter the effect of many chemicals. Consequently, professionally prescribed antimicrobials, such as chlorhexadine gluconate can be used with greater efficacy. A very dilute solution (20:1) of water (20 parts) and sodium hypochlorite (household bleach) (1 part) can be used to further disinfect. A generic water bottle can be used to store and dispense the liquid making it convenient to wet the cleaner at each use.

Dentists and hygienists use air in the patient's mouth to dry the teeth after cleaning. This helps them to observe if any calculus is left on the surface of the teeth. Calculus is plaque that has not been removed and has hardened. Within 48 hours, plaque will begin to harden and form calculus. The calculus will appear white or non-reflective usually where the gums meet the teeth. You can make a similar observation yourself after you clean your teeth with **Dental Air Force®** and the cleaner cup is empty. First, rinse your mouth with water, then dry your teeth using the air from **Dental Air Force®** and observe if there are any white or non-reflective areas. You can remove plaque with **Dental Air Force®**, but you must see a professional to remove any calculus. An important principle in maintaining a healthy mouth is to start with teeth free of calculus and remove the plaque daily from all surfaces, including between the teeth.

The hand piece may be used in the shower to clean your teeth while showering. (Remember, DO NOT place the housing in the shower.) Most people take only one shower per day, consequently, two cups of cleaner (one right after the other) are recommended to thoroughly remove the plaque, because those sites will only be cleaned with **Dental Air Force®** once a day. After the cleaner cup is empty, you can continue to blow the residual cleaning slurry that is in your mouth around and between teeth with just the air from the tip and the water from the shower. This additional time will increase aeration and exposure of the sites to the microbial benefits of the cleaner.

To gain the full benefits of replacing brushing and flossing, you must use two cups of cleaner per day – getting as close to 1x plaque count as possible. Do not substitute the toothbrush for the **Dental Air Force®** cleaning. Using a toothbrush in addition to **Dental Air Force®** cleanings will polish the exposed surfaces of teeth and is acceptable. Brushing and flossing should be used when you are away from home and do not have access to the **Dental Air Force®** system. If you are using **Dental Air Force®** in the shower once a day, you should also brush your teeth once a day so as not to allow more than 12 hours to elapse between cleanings.

If you periodically feel that your teeth are not as clean as you would like them, increase the time used per day or add another cleaning. If you feel you want a more aggressive cleaning, use less water &/or hydrogen peroxide, but enough to wet down the cleaner and form a slightly thicker slurry.