

Pocket Irrigation

There are a variety of effective treatments and procedures available, including pocket irrigation, which can assist in treating the progression of the disease.

Pocket irrigation aims to cleanse plaque from the inter-dental (between teeth) and sub-gingival (under the gum line) regions of the mouth in order to prevent the colonization of harmful oral bacteria. This procedure is also used to deliver antibacterial to the sub-gingival areas.

Pocket irrigation, which is also known as oral irrigation, is a versatile dental treatment used for several different preventative purposes. Pocket irrigation may be performed as part of a professional dental cleaning, or at home with a specially modified oral irrigator.

Here are the main ways in which pocket irrigation can be beneficial:

- **Inter-dental cleaning** – Pocket irrigators blast plaque, food particles and other debris from between the teeth. The removal of harmful materials and bacteria keep the gum pockets cleaner and shallower; thus, helping the gum tissue remain healthy.
- **Halitosis prevention** – Halitosis (or bad breath) is generally a result of old food particles between the teeth, and tooth decay. A toothbrush or dental scraper alone may not be able to reach into the depths of the gum pockets, but water jets can flush out food particles and help clean above and below the gum line.
- **Sub-gingival cleaning** – Pocket irrigators have a rounded tip which eliminates the risk of tissue damage while cleaning under the gum line. The side port opening facilitates extensive cleansing by flushing out bacteria, particles and toxins from below the gum line.

- **Antimicrobial application** – Antimicrobial substances have proven effective for eliminating and preventing some strains of harmful oral bacteria. Antimicrobial substances can be combined with water, or used as a stand-alone treatment for successful pocket irrigation.

What does pocket irrigation treatment involve?

Pocket irrigation is generally performed in combination with other dental treatments; for example, as part of a dental cleaning or in combination with pocket reduction surgery.

In the case of a pocket reduction surgery, the tartar and sub-gingival plaque will be removed with Scaling and Root Planning instruments. When the pockets are free of debris, an antimicrobial agent may be applied using an oral irrigator.

During a deep cleaning procedure, a pocket irrigator may be used after Scaling and Root Planning to cleanse the pockets. Again, an antimicrobial agent may be applied to help reduce sub-gingival oral bacteria.

Pocket irrigation can be performed at home as part of the daily oral routine using a water jet or water pick. Flushing the inter-dental area with water is less harmful to soft tissue than dental floss, but should not be used as a substitute for professional dental cleaning.