

Water floss

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Dentists recommend flossing to remove bits of food stuck between your teeth and gums. You can stick with ordinary floss or, if you want to be even more effective, try Waterpik Ultra Dental Water Jet WP- 100E (promotional price of HK\$888).

Studies have shown that the water jet with an orthodontic tip is three times more effective in removing plaque and almost twice as effective in reducing gingival bleeding than ordinary floss. The high-pressure jet removes bacteria deep between teeth and below the gumline where brushing and flossing will not reach while massaging gums to help prevent gingivitis.

Website: www.waterpik.com.hk

