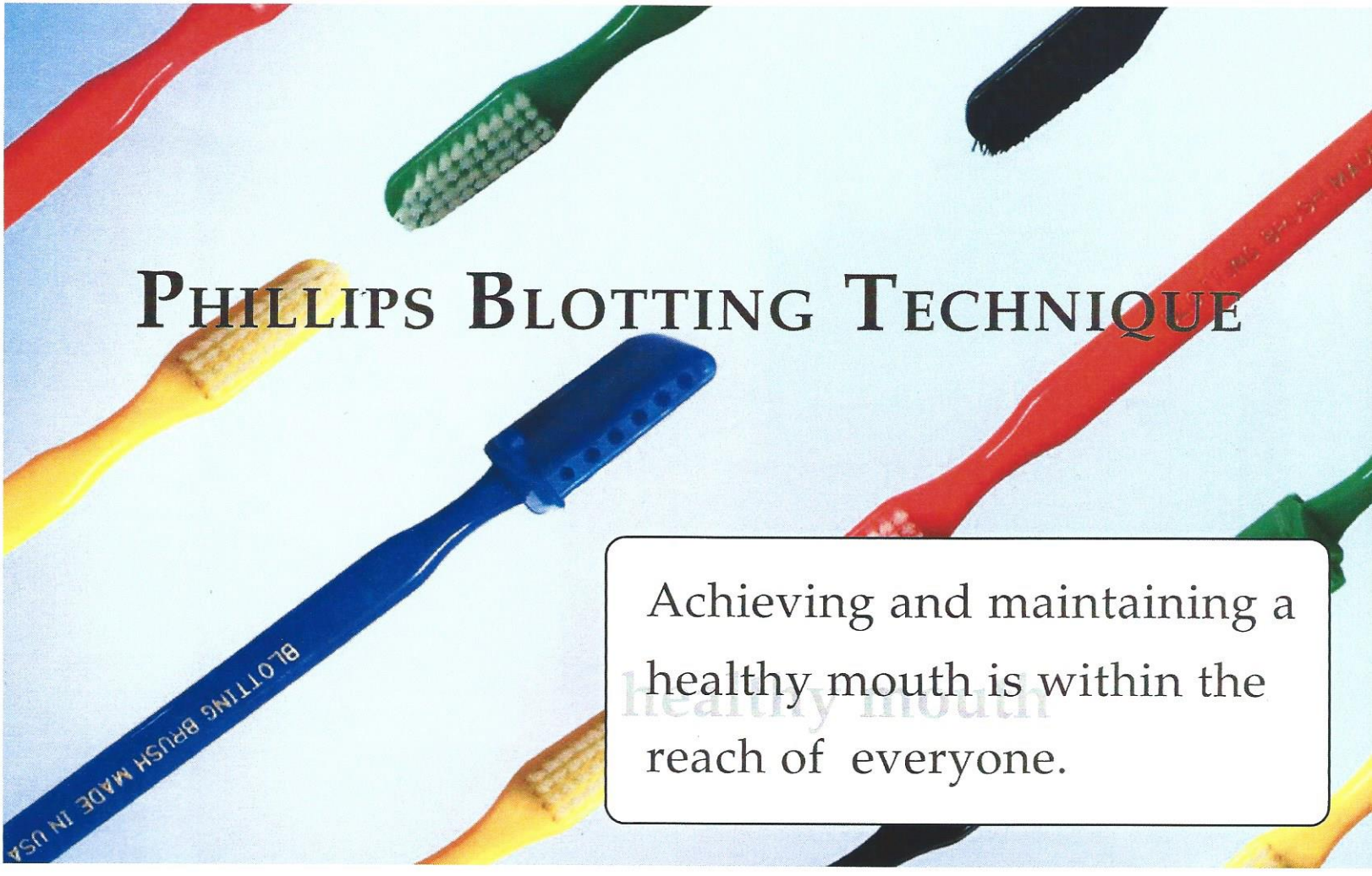

PHILLIPS BLOTTING TECHNIQUE

Achieving and maintaining a healthy mouth is within the reach of everyone.

INTRODUCTION

Achieving and maintaining a healthy mouth is within the reach of everyone. With proper care through the *Phillips Blotting Technique*, you can expect to keep your teeth and gums decay and disease free for a lifetime. Cavities, uncomfortable dental cleanings, oral surgery and tooth loss can be avoided by using this simple, revolutionary technique.

Despite all the specialty toothpastes and mouthwashes available today, people still have gum disease, many without ever knowing it. For over 50 years, the *Phillips Blotting Technique* has been effectively used to eliminate the causes of gum disease. Those who have been fortunate enough to use this unique dental hygiene program have enjoyed a lifetime of fresh breath, clean teeth and healthy gums. Even patients with severe gum disease have used this program as an alternative to costly, painful surgery.

"Those who have been fortunate enough to use this unique dental hygiene program have enjoyed a lifetime of fresh breath, clean teeth and healthy gums."

GUM DISEASE AND CAVITIES

The first signs of gum disease are easy to diagnose and often originate, contrary to popular belief, in the teenage years. No matter how old you are, if your gums bleed when you brush your teeth, or you notice a white or yellow buildup where your teeth meet your gums, you will have gum disease. In advanced stages, the bleeding may stop but the teeth begin to move apart and the gums recede, eventually to the point where they can no longer support the teeth. (Figure 1)

The cause of gum disease is plaque that forms along the gumline. When plaque collects there, it causes gingivitis, an irritation of the gums which causes them to swell and bleed. Healthy gums form an elastic seal around each tooth to keep plaque and bacteria away from the sensitive root. Plaque toxins and enzymes attack healthy gums, eventually creating crevices as the gums loosen and pull away from the tooth.

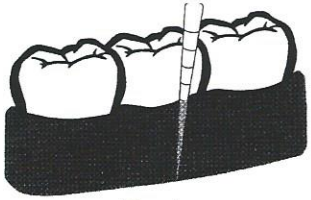

Fig. 1

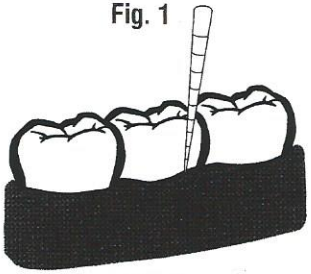

Fig. 2

The bacteria harbored in plaque turn sugars into acid. Normally this acid is not strong enough to dissolve the enamel on teeth, but under plaque, these acids become strong enough to dissolve teeth. Removing the plaque with the *Phillips Blotting Technique* will eliminate the crevices where acid-forming bacteria hide. In a clean mouth, free of plaque, even sugary foods cannot damage the teeth. An exception to this is soda pops, with the diet sodas being the worst because of their high acid content. (Figure 2)

Normal toothbrushing, unfortunately, pushes plaque deeper in the crevices around the teeth. The *Phillips Blotting Technique*, utilizing a specially designed brush, reaches into those crevices and "Blots" the plaque out. Once these plaque deposits are removed through "Blotting", the gums are on their way back to being healthy and protecting teeth. Making the *Phillips Blotting Technique* a part of your daily oral hygiene will ensure that your teeth and gums remain healthy for a lifetime.

PHILLIPS BLOTTING TECHNIQUE

The *Phillips Blotting Technique* differs from traditional oral hygiene. It eliminates the need for mouthwash and dental floss, and reduces the need for toothpaste and tooth brushing.

The most effective way to remove plaque from teeth is through the *Phillips Blotting Technique*. The special Blotting brush, firmly inserted into the gums will draw plaque away from the gums. The method is similar to the way a painter removes excess paint from an area by dabbing it with a

- Mouthwash kills the bacteria in the mouth and temporarily covers bad breath, but it doesn't eliminate the plaque that bacteria feed on, the process that creates bad breath. Cleaning the tongue is the best way to eliminate bad breath.

- Without injuring the gums, the *Phillips Blotting Technique* effectively cleans the hard-to-reach spaces between teeth where plaque accumulates. Many people damage the gum tissue with flossing, so if you must floss, be careful.

- Brushing with toothpaste only polishes teeth. It should be done once a day. Brushing should be followed immediately by the *Phillips Blotting Technique* to remove any imbedded plaque.

clean paintbrush. (Figures 3 & 4)

Your Blotting Brush looks like a traditional toothbrush, but the bristles are textured and more densely grouped, and it is held differently. While a traditional toothbrush is held like a knife and the elbow is raised high for side-to-side brushing, the Blotting Brush is held like a pencil and the elbow rests close to the body. (Figure 5)

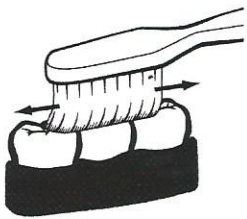

Fig. 3

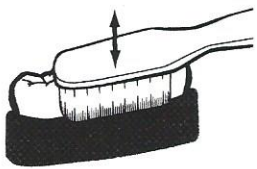

Fig. 4

Instead of using the traditional side-to-side motion, the *Phillips Blotting Technique* uses an up-and-down motion to reach into the crevices between teeth and gums, and draw out the damaging, trapped plaque. The brush needs to be angled at about 45 degrees, so that one row of bristles can get into that crevice. Then, using a purely vertical movement, the brush is dabbed firmly downward (for the lower teeth), or pushed upward (for the top row of teeth).

Be careful not to revert back to side-to-side movement with the brush. Also, unlike brushing, the *Phillips Blotting Technique* does not use toothpaste. Toothpaste will just clog the Blotting action of the special Blotting Brush.

Practice the *Phillips Blotting Technique* with the outside teeth first. Use your tongue as a guide by placing it against the inside of the teeth to keep the brush from going over the top of your teeth. There is no need to hurry this procedure; the longer you spend

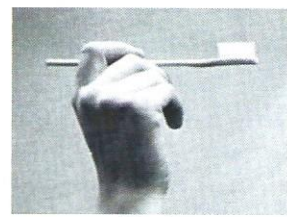

Fig. 5

Phillips Blotting Technique

in one area, the more comfortable you will become with the motion, resulting in cleaner teeth. (Figures 6-12 for this paragraph and following)

After Blotting a few areas, check your brush for plaque under a bright light. Plaque may be difficult to notice because it is white like the brush bristles. A small amount of bleeding actually demonstrates that the Blotting action is working. Do not be alarmed by a little blood, it will decrease and disappear as you use the technique and your gums become healthier. The brush should be cleaned (after every section of teeth) by running the brush under tap water and dried by striking the handle against the edge of the sink or, if you do not have access to a sink, by simply pursing your lips arond the bristles of the brush and sipping it dry.

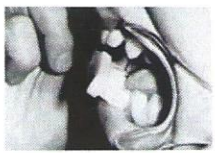

Fig. 6

Fig. 7

Continue Blotting the outside and inside of all the teeth, front, back, top and bottom. Then, turn the brush in the opposite direction at the same angle and tap with a motion from gumline to the top of the teeth. Ease the bristles through the spaces between the teeth. Do this from the outside of the teeth and the inside. This cleans the surface of the teeth and the spaces between them. (Figures 14 & 15). To clean the biting surface of the teeth, and to get

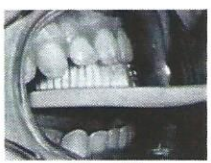

Fig. 13

Fig. 8

Fig. 9

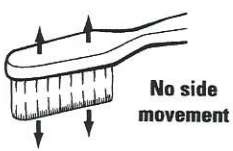

Fig. 10

Fig. 11

Fig. 12

into the pits and fissures that trap plaque and debris, use the brush in a lightweight chewing action.

Because teeth comprise only 10% of the mouth, cleaning them excessively still leaves 90% of the mouth dirty. Dead skin cells on the inside of the mouth are an indirect cause of gum disease. Use the *Phillips Blotting Technique* to brush your gums, the roof of your mouth and especially your tongue. The tongue should be nice and pink. A gagging reflex while cleaning the tongue will help sweeten the breath.

If your gums feel tender or sore after using the *Phillips Blotting Technique*, you may have used too much side-to-side movement. As the strength and health of your gums improve, use a lighter touch and no side movement, and work your way back to a comfortable pressure. It is difficult to put too much pressure on healthy gums.

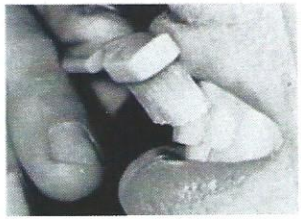

Fig. 14

Fig. 15

If, after using the technique for a few weeks, you notice that the bristles on your brush are splayed outward, you may be forcing the bristles over the teeth instead of using the edge to get into the crevice. (Figure 16). The technique takes some time to get used to, but done effectively, it is a powerful tool for oral health. (Figure 17).

Fig. 16

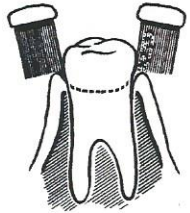

Fig. 17

FREQUENTLY ASKED QUESTIONS

How long can a person with gum disease expect to keep their teeth?
The chances are usually very good that the gums can be healed. Once the gums are healthy and maintained properly using the *Phillips Blotting Technique*, there should be no reason for losing teeth. Teeth are meant to last a lifetime, and this can almost always be accomplished.

At what age does gum disease usually start?
Most people mistakenly believe that gum disease begins around age 35 to 40. Gum disease usually starts in the teenage years and is manifested by bleeding gums. The symptoms go unrecognized until bone damage is evident, usually around age 35 to 40. At this time there is little or no evident bleeding.

Are all gum diseases curable?
99% of gum diseases are curable using the *Phillips Blotting Technique*. An incurable form of gingivitis is caused by leukemia. Desquamative gingivitis, another gum disease, is also incurable, but its symptoms can be greatly reduced by achieving a thoroughly clean mouth.

How often should I clean my mouth?
If your gums are infected, you should be cleaning your mouth two to four times a day. Once the gums are healthy, cleaning the mouth (Blotting crevices and cleaning the rest of the mouth) twice a day will maintain good oral hygiene.

How much time should I spend?
For the technique to be effective, you need to spend about six minutes per session Blotting the crevices around the teeth. But since the mouth can never be too clean, you can never Blot too much.

What assurance do I have that this technique will work?
People have been using this technique for over 50 years without getting a cavity or gingival disease. Many of these people had serious dental problems before using the technique. Even elderly patients who had never even brushed their teeth have been able to keep their remaining teeth and avoid surgery using the *Phillips Blotting Technique*. Only in cases of severe systemic blood diseases has the Blotting Method not worked. In these cases, some conditions improve with a combination of the *Phillips Blotting Technique* and antibiotics.

How long will I have to continue Blotting?
Hopefully Blotting and total mouth hygiene will become a lifelong habit. You can enjoy fresh breath, a clean mouth, free of cavities and gum disease, if the *Phillips Blotting Technique* is done properly over a lifetime.

Dr. Phillips dedicated his periodontal practice to the belief that patients should be taught to care for their own mouths; that gum disease and subsequent surgery and tooth loss were unnecessary if the mouth was cared for properly. He lectured tirelessly around the world to promote teeth for a lifetime. The Phillips Blotting Technique definitely goes beyond the brushing and flossing routine to give you a new standard of clean. Its simplicity and inexpensiveness makes it understandable and affordable for everyone.

Now there is another direction to turn when everything else you've tried doesn't work. The Phillips Blotting Technique makes you proactive for your own mouth health.

ORDER BLOTTING PRODUCTS AT:

Toothwizards
www.toothwizards.com
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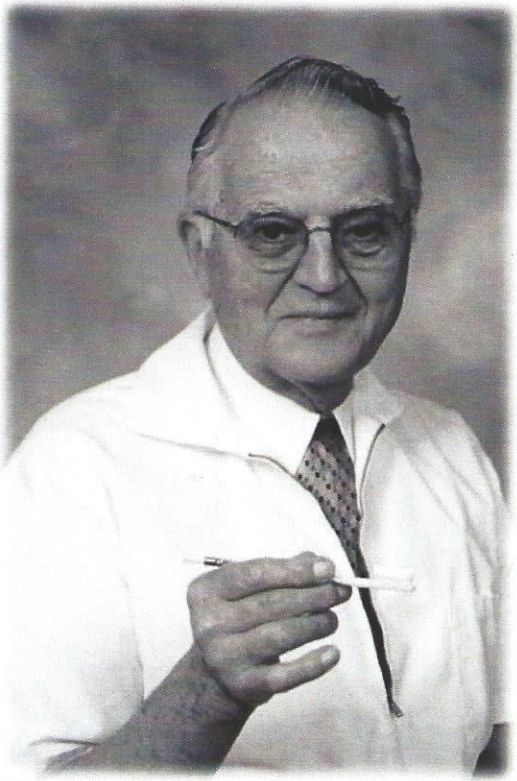

"My sincere belief is that a dentist can keep your teeth for you only by teaching you to help yourself."

-Dr. J.E. Phillips