

# Rubber Tip Stimulator



Ramiez, IsabelSupplier "Spotlight: Urban Outfitters picks Plaque Buster for their store shelves" 2020

## What is it:

- It is an oral health tool designed to improve blood flow in gum tissue.
- It consists of an angled handle with a flexible rubber cone tip.

## Where to get?

- Available at most drugstore or online
- Dental office
- Average cost: \$3-\$10

## How to use and how often

- Place the gum stimulator under hot water for a few seconds to soften up the tip
- Gently move along the gum line with slightly pressure
- Gently slide the tip between the teeth to clean up any food debris
- Should be used before brushing your teeth, once a day is also proven to be effective



Link for video tutorial:  
<https://youtu.be/AOsjaZFYw40?si=n2dAcXHDI-m8UHIr>



Karski& Spokane Orthodontics (n.d)



Sherrell, Zia (2023) Gum Stimulators  
NewMouth

## Benefits:

- Improve general gum and oral health
- Massage and stimulate gum
- Increases the flow of blood and oxygen to your gums
- Can help with strengthening and firming gum tissue



## Caution:

- Avoid applying too much pressure
- Consult with doctor if you have specific oral health concerns

## Evidence:

- Darby, M. L., & Walsh, M. M. (2015). *Dental hygiene: Theory and practice*. Elsevier.
- Colgate. (2022, February 15). *Gum stimulator: What is it and how do I use it?* Colgate.  
<https://www.colgate.com/en-us/oral-health/adult-oral-care/gum-stimulator-what-is-it-and-how-do-i-use-it#>

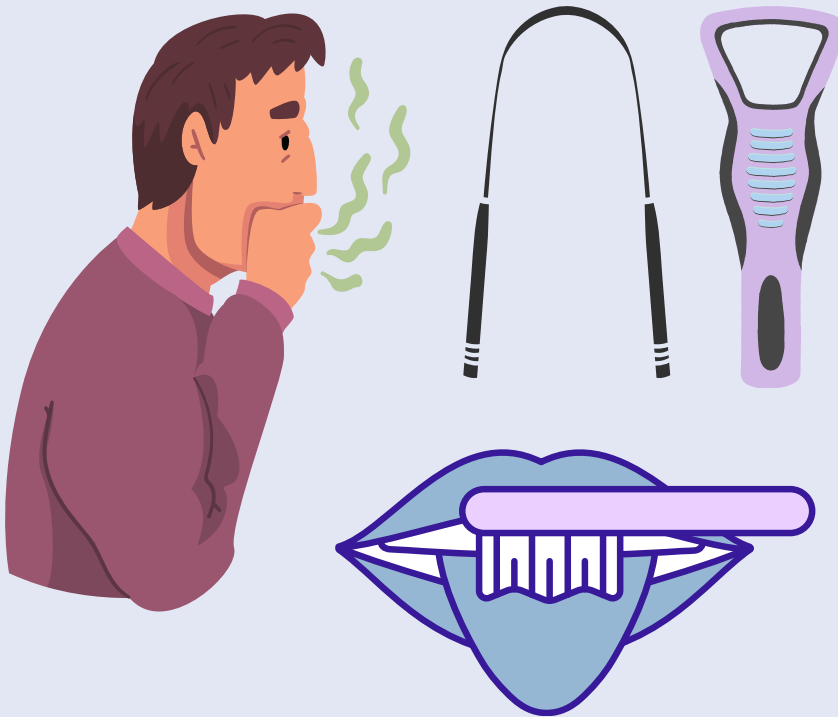
## What Is It?

- Tongue scraper is a tool to remove the coating that forms on your tongue, particularly overnight. This coating is often the result of buildup from food debris, toxins, and bacteria.

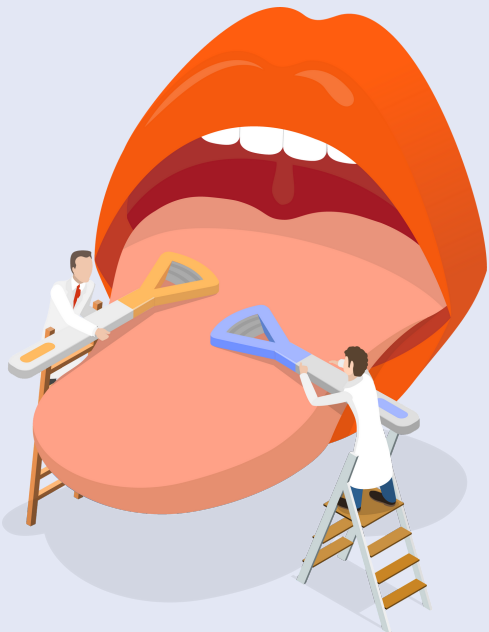


## How to use tongue scraper:

- Stick out your tongue
- Start at the back of the tongue and pull the scraper forward using light pressure
- Repeat 2-3 times
- Swish your mouth with water afterward



## Tongue Scraper



## Where to get?

- Come in many shapes, sizes, and materials
- Most common: horseshoe
- We can find them in local grocery store or pharmacy
- From \$4



Link for video tutorial:

<https://youtu.be/e6f-ovYmxlk?si=rdl0lhZDfa2AOopm&t=1>

## Benefits of using tongue scraper:

- Improve oral health
- Remove bacteria, food debris, dead cell from the tongue
- Improve your sense of taste
- Reduce bad breath
- Improve tongue appearance

## Caution:

- Can stimulate the gag reflex
- Can accidentally cut the surface of the tongue
- Harm the taste buds if applying too much pressure

## Evidence:

- Cleveland Clinic. (2023, November 27). Does tongue scraping actually work, and should I be doing it? <https://health.clevelandclinic.org/does-tongue-scraping-actually-work-and-should-i-be-doing-it>
- Choi, H. N., Cho, Y. S., & Koo, J. W. (2021). The Effect of Mechanical Tongue Cleaning on Oral Malodor and Tongue Coating. *International journal of environmental research and public health*, 19(1), 108. <https://doi.org/10.3390/ijerph19010108>