

RFDC Oral Hygiene Instructions:

1) Recommendable hygiene products

Oral B Black1000 Electric Tooth Brush

Colgate Total - Tarter Control - Tooth Paste

Glide Ribbon Floss

Listerine Cool Mint antiseptic mouth rinse

(unless if the patient is a smoker or if the patient suffers from dry mouth and/or alcoholism)

Water Pik water flosser

This item, along with the various tips can be purchased on "Amazon.com".

We recommend only the "Perio Pik" tip which can be purchased for \$7 on "Amazon.com".

2) Brushing Technique

3-4 minutes with generous tooth paste that is "thick and gritty" like sand paper.

Reload your brush with fresh gritty tooth paste after each 90 seconds of brushing.

Use the 'Oral B PC1000 electric brush' and 'Colgate Total- Tarter Control' tooth paste.

Concentrate much of your efforts on the lingual surfaces (tongue surfaces), especially the lower front teeth on their lingual surfaces.

3) Flossing Picks with handles for children and adults

4) Professional Dental Cleaning Protocol

Come for professional cleaning at least twice per year in a dentist office.

Most people need 3-4 professional cleanings per year to maintain healthy teeth.

Periodontal patients (patients with history of periodontal disease) need 3-4 professional cleanings per year.

5) Preident 5000+ fluoride tooth paste (Keep out of reach of children!)

Use this 2-3 times per week (or more often), however, always continue brushing with Colgate Total tooth paste on a daily basis.

Colgate total is better designed to clean the tooth. Preident is simply a dose of fluoride and it does not contain the silicate particles used to cleanse the tooth surface.

6) Use "Fluoride carrier trays" to rematerialize your teeth

Place tiny amount of Preident 5000+ tooth paste into the fluoride carrier tray and wear on your teeth for 1-4 hours. Avoid overfilling the trays and there should be very minimal preident leaking into your mouth.

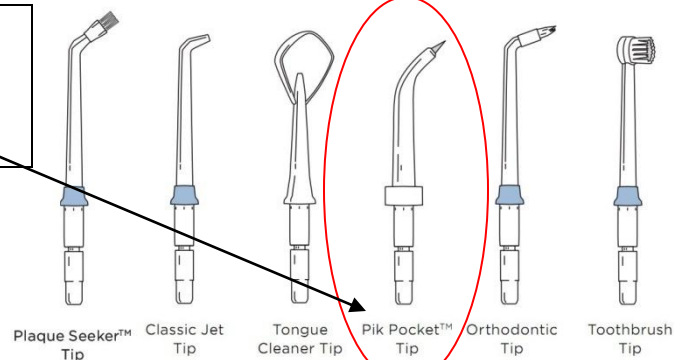
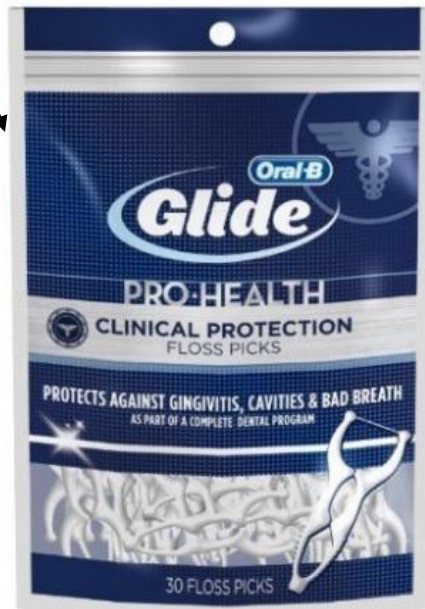


Oral B - PC1000 Electric Tooth brush

Colgate Total Tarter Control Tooth Paste

Glide Floss

Glide Floss Picks - for children and adults



Fluoride Carrier Tray- for remineralization therapy

