Salem Dental Arts

Tooth Decay Prevention

**EXTREME HIGH RISK**

**Oral Hygiene Instructions**

* Oral B Electric Toothbrush
* Manual Toothbrush
* Mouthrinse Recommendations (Avoid Alcohol-based) \_\_\_\_\_\_\_\_\_\_\_\_\_
* Floss
* Proxabrush
* Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Diet Instructions**: Keep in mind that drinks and foods that contain sugar may play a role in causing tooth decay, especially when these foods and drinks are in contact with your mouth for long durations time or frequently throughout the day. Examples of diet greatly increasing risk of tooth decay are: hard candies, sipping drinks with sugar throughout the day, frequent snacking.

* Recommendations\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MI Paste Plus:** This paste is unique because it contains fluoride, calcium and phosphate. The fluoride hardens your teeth to prevent cavities. Calcium and phosphate are naturally present in your teeth and saliva and this toothpaste will boost the levels of these minerals in your mouth to further protect your teeth from tooth decay. Apply a pea-sized amount to a clean index finger and apply to clean teeth. CAUTION: DO NOT USE IF YOU HAVE AN ALLERGY TO MILK PRODUCTS. Do not eat, drink or rinse for 30 minutes.

**Fluoride Toothpaste:** Apply a thin ribbon to your toothbrush and brush for 2-3 minutes. Do not swallow this toothpaste. Do not eat, rinse or drink for 30 minutes after application..

* Once Daily
* Twice Daily

**Baking Soda Toothbrushing:** Apply toothpaste to your wet toothbrush. Dip your toothbrush into a small dish of baking soda. Brush as directed.

**Baking Soda Rinses:** Add 2-3tsp. to a 16oz. bottle and fill with water. Rinse after meals/ snacks.

**Xylitol Chewing Gum/ Candies**: Xylitol is a natural sweetener that is found in many gums and candies. It can help to reduce cavity-causing bacteria. Use for 5 minutes after meals or snacks.

* Trident White O Trident Xtra Care O Ice Breakers Ice Cubes
* 100% Xylitol

**Fluoride Varnish Application**

**Hygiene Recall Interval**

* 3 Months
* 4 Months
* Dental Exam Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_