RECOMMENDATIONS FOR MAINTAINING OPTIMAL ORAL HEALTH

1. TOOTHBRUSHING:
   - Brush your teeth 2 to 3 times daily.
   - Use an Oral-B electric toothbrush (~$20 at Wal-Mart): studies show they are superior to standard manual toothbrushing.
   - Do not scrub back and forth, let the brush do the work at the tooth-gingiva (gum) interface.
   - Use a fluoride toothpaste or
     - If you have gingival recession or root abrasion areas use the following:
       - Get a small spray bottle
       - Fill the bottle half full with ACT Fluoride mouthwash (if cavity prone) or Listerine Tooth Defense (if gum disease or inflammation prone). Fill the rest with hydrogen peroxide.
       - Spray the mouthwash mix on the brush instead of using toothpaste
       - This will prevent the abrasiveness of toothpaste from causing further root abrasion.

2. FLOSSING—once daily

3. MOUTHRINSES:
   - For gingival (gum) problems including bleeding when flossing or pockets greater than 3mm at your hygiene visits—Use Listerine Tooth Defense mouthwash 2 to 3 times daily
   - If you are prone to cavities—Use ACT fluoride mouthwash or Listerine Tooth Defense once daily (usually immediately prior to bed, and do not eat or drink afterward)
   - If you are prone to cavities and gum problems—use Listerine Tooth Defense mouthwash 2-3 times daily.

4. XYLITOL: If you are cavity prone—use xylitol chewing gum (trident) or xylitol mints (can buy at health-vitamin stores) after meals/snacks and in-between meals as desired.
   - Xylitol has been shown effective at preventing cavities

5. NUTRITION:
   - Limit sugar intake (sodas, juices, sports drinks, candy, etc) to meals only to prevent cavities.
   - Drink water for hydration.
   - Maintain a well-balanced, healthy diet with plenty of fruits, vegetables, and water (See USDA Food Pyramid Recommendations at mypyramid.gov)
   - Consider Juice-Plus supplements
     - Clinical research shows it is readily absorbed into the bloodstream and promotes cardiovascular wellness, helps support the immune system, and protects DNA. There are current studies underway on its ability to improve periodontal health. See juiceplus.com or ask us for further information.

6. REGULAR DENTAL MAINTENANCE
   - Be sure to keep your recommended hygiene or periodontal maintenance visits (3-6 months). This will help maintain your teeth and gums in a healthy state and allow us to identify problem issues early before they become painful and/or expensive to fix.
   - Consider having a nightguard made if you grind your teeth or show evidence of grinding. This will help prevent future problems such as tooth sensitivity, loose teeth, broken teeth, and joint/muscle problems.
Oral Hygiene Recommendations for Patients with High Risk of Decay

1. Brush your teeth 2 or 3 times daily with a fluoride toothpaste
2. Floss once daily
3. Use listerine or any prescribed anti-bacterial mouthrise 3 times daily for 3 months or until recommended by Dr. Smith
4. Use ACT fluoride mouthrise, Listerine Tooth Defense or fluoride trays once daily or as recommended by Dr. Smith
5. Use office made trays with Prevident Prescription Fluoride Gel daily for 5 minutes.
6. Use xylitol chewing gum (trident) or xylitol mints (can buy at any health/vitamin store)
7. Limit sugar intake (sodas, juices, sports drinks, candy, etc) to meals only. Drink water for hydration.
8. Maintain a good, healthy diet with plenty of fruits, vegetables, water, and supplements as recommended.