



CARIES PREVENTION and DRY-MOUTH INSTRUCTIONS

The goal behind this regiment is to eliminate the presence of pathogenic bacteria, minimize the acidic environment, and re-mineralize any weakened tooth areas.

1. Brush your teeth at least 2 times per day

- a. Use an Ultra-sonic Electric Tooth Brush with a soft bristle head.
- b. Brush for at least 2 minutes each time.
- c. Focus on the problem areas – in between teeth, around the gums of the teeth, grooves of the teeth, and anywhere you have a man made material and tooth junction (crowns and restorations)
- d. Bring your electric tooth brush to your hygiene appointments to review how you're doing.
- e. <http://www.oralb.com/products/electric-toothbrush/>

2. Minimize the exposure of sugars to your teeth

- a. Don't sip on soda throughout the day.
- b. Don't suck on sugar candy or snack throughout the day.

3. Use Baking Soda or Baking Soda Toothpaste

- a. Brush with baking soda or mix baking soda in your tooth paste.
- b. Baking soda helps raise the pH in your mouth which makes it more difficult for the cavity forming bacteria to survive.
- c. In order for the baking powder to be effective leave it on your teeth for several minutes after brushing.
- d. Arm and Hammer or Arm and Hammer Toothpaste
- e. <http://www.armandhammer.com/personal-care/toothpaste/landing.aspx>

4. Use Fluoride Toothpaste

- a. Fluoride is a mineral that has been shown, once incorporated into the tooth crystalline structure, to help make tooth structure more resistant to acid induced demineralization.
- b. Fluoride can only be incorporated into the tooth structure if left on the tooth long enough. So, after brushing with a fluoride tooth paste leave it on your teeth for a couple minutes more after brushing.
- c. After the teeth are fully developed there is no need for ingesting fluoride. As an adult topical fluoride is sufficient.
- d. Prescription toothpaste is available as well as over the counter.

5. MI Paste in the evening

- a. MI Paste is milk derivative that contains a casein product that bonds to a tooth surface and binds calcium and phosphate, tooth minerals. This combination helps to mineralize weakened tooth structure making your teeth healthier.
- b. To use one must apply the paste to your teeth after brushing and prior to going to bed. Then leave the paste on their teeth as they sleep.
- c. <http://mi-paste.com/home.php>

6. Xylitol Products

- a. Chew on Xylitol containing gum or Xylitol containing mints throughout the day.
- b. Xylitol is shown to stimulate salivary production and decrease bacterial metabolism. Both of which improve the oral condition in your mouth, making it more resistant to tooth decay.
- c. <http://www.xylitol.org/xylitol-products>

7. Other helpful products

- a. CariFree <http://carifree.com/patient/home.html/>