

ORAL HYGIENE PRODUCTS

- **Clinpro 5000:** (1.1% Sodium Fluoride Anti-Cavity Toothpaste) This advanced formula toothpaste contains an innovative tri-calcium phosphate ingredient that delivers more fluoride, helps strengthen enamel, and helps reverse white spot lesions better than conventional 5000 ppm prescription fluoride toothpastes. Children to age 16 brush twice daily and **must** rinse, then spit out. Adults brush once daily and **do not** rinse, just spit out. ***Do not swallow.*** Do not eat or drink for 30 minutes for maximum effect.
- **Phos-Flur Gel:** (1.1% Sodium Fluoride and Acidulated Phosphate Gel) Helps reduce cavities, white spots, decalcification, and promotes remineralization. Phos-flur gel is a prescription strength fluoride that flows between your teeth to reach places your toothbrush can't. Brush for 2-3 minutes, then spit out. ***Do not swallow.*** Patients to the age of 16 should rinse once with water, and not eat or drink for ½ hour. Everyone else, do not rinse, eat, or drink for ½ hour for maximum effect. It is recommended to brush with Phos-flur one time per day in the evening throughout treatment (once daily in the evening).
- **Mi Paste Plus:** (Milk protein, 2% sodium fluoride, and calcium phosphate)
Caution: Do not use MI Paste if you have an allergy to milk or hydroxybenzoate. Beneficial for the remineralization of tooth enamel/white spots caused by soda's, sugar products, poor brushing, and/or poor oral hygiene. Apply MI Paste after brushing your teeth with your regular toothpaste. Squeeze small amount of MI Paste on your finger and apply over the surface of your teeth. Leave on teeth 3-5 minutes, then spit out. For maximum benefit, do not rinse with water after application. Can use once or twice daily.
- **Colgate Total Toothpaste:** (.24% Sodium Fluoride, Triclosan .3%)
The purpose of this toothpaste is to help protect against cavities and gingivitis. It is recommended to use this toothpaste once in the morning and once at lunch (twice daily).
- **Colgate Perio-Gard:** (Chlorhexidine Gluconate .12%) Is an antimicrobial agent that helps reduce gingivitis and gum tissue inflammation, helps healing of swollen or irritated gum tissues and poor oral hygiene. You may need to brush, rinse or squirt Perio-Gard onto an irritated area depending on doctors recommendation. Allow it to sit for 30 seconds with nothing to eat or drink. ***Be sure you do not swallow.*** Use Perio-Gard in the morning and fluoride at night. Perio-Gard may cause some temporary staining when used daily as prescribed (once daily in the morning).
- **Peroxyl rinse:** (Hydrogen Peroxide) is an antiseptic oral cleanser. Peroxyl rinse is used for the treatment of minor mouth and gum irritations. It is also used to help counteract the staining effect of Perio-Gard rinse. Rinse with ½ capful for 1 minute, and then spit it out. ***Do not swallow.*** Peroxyl may be used up to 4 times a day. For use after Perio-Gard and fluoride wait ½ hour and then use Peroxyl.
- **Disclosing liquid:** Disclosing liquid is recommended for patients who have difficulty keeping their teeth clean. It is used to help identify food or plaque that has been left on the teeth after brushing. Place 3-5 drops on the tongue and swish it around in your mouth. Spit it out, ***taking care not to swallow,*** and rinse 2-3 times (be **VERY** careful, as it will stain your clothing). Anything red or pink in your mouth is food or plaque that has been left behind. Brush teeth again until all pink or red is gone. Disclosing liquid is used before fluoride or Perio-Gard.
- **Colgate Orabase:** (Benzocaine 20%) Used for temporary relief of pain associated with canker sores, injury to mouth or gums, minor irritations of the mouth or gums, and also shield from further irritations caused by orthodontic appliances. It can be applied to affected areas up to 4 times per day.
- **Professional Topical Fluoride Rinse:** (0.31% Acidulated Phosphate Fluoride, 1.64 % stannous Fluoride) On occasion, Dr. Dann may administer an in office fluoride rinse. Rinse for one minute followed by a second one minute rinse. ***Do not swallow.*** Do not eat or drink for 30 minutes for maximum tooth protection. This helps to reduce cavities, white spots, decalcification, and promotes re-mineralization.