

## DENTAL HEALTH PROTOCOL

We recommend a complete oral healthcare system to promote healing and to balance the biochemistry of your mouth.

### Step One

Pre-rinse with CloSYS (do not add flavor packet)

*\*Rinse for one full minute before brushing.*

CloSYS is an antibacterial rinse that also neutralizes the pH of your mouth.

### Step Two

Brush with Crest Cavity Protection Original Paste or Colgate Cavity Protection Regular Paste

*\*Brush for two full minutes.*

Either of these are a basic toothpaste. They do not contain irritants that many other toothpastes do. They contain a fine abrasive that is gentle to your enamel, as well as sodium fluoride at an optimum concentration.

### Step Three

Rinse with Listerine (look for the ADA Seal)

*\*Rinse vigorously for 60 seconds.*

Listerine is an effective yet gentle antiseptic rinse that kills the germs that cause plaque, bad breath, and gingivitis. Avoid Listerine products that advertise tartar control, fluoride, or whitening - look for Listerine with the ADA seal. This rinse contains alcohol and is acidic, so it is important to follow up with step four...

### Step Four

Rinse with ACT Anti-Cavity Fluoride Mouthwash

*\*Swish for one full minute.*

ACT is a low concentration fluoride rinse. This rinse helps to prevent cavities and strengthen and protect your teeth for many hours after use. ACT also can help to reduce any kind of sensitivity you may experience after scaling and root planing. Do not rinse, eat, or drink for 30 minutes after swishing with ACT.

### Step Five

Xylitol

*\*Use six to ten grams daily.*

Xylitol is a plant derived low-calorie sweetener. It rids the mouth of bad bacteria and promotes the growth of protective non-acidic bacteria. Continuous use of xylitol creates a healthy bacterial flora and makes your mouth an undesirable environment for acidic plaque bacteria. Xylitol also helps to raise the pH of your mouth by stimulating the production of saliva. Xylitol can be found in sugar free gums and mints, as well as in packets just like any sweetener. (Ex. Gum- Mentos/ PUR/ Trident Ex. Mints- Zellies/ Spry Ex. Sweetener- Xylosweet packets 1 pk = 4 grams)

*\*if using Xylosweet granules do not use more than 2 level teaspoons- it can cause upset stomach*

Repeat steps one through four twice per day, morning and night. Xylitol can be consumed at once or throughout the day. Don't forget to floss and/or use your water pick once per day before brushing and rinsing!

- **CloSYS Rinse**
- **Crest Original Toothpaste**
- **Listerine Rinse with ADA Seal**
- **ACT Anti-Cavity Fluoride Rinse with ADA Seal**
- **Xylitol in the form of gum, mints or sweetener**

\*All products are over the counter and can be purchased locally

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT OUR OFFICE AT: 806.698.6684