

Home Care Guide

Tooth decay - is damage that occurs when germs (bacteria) in your mouth make acids that eat away at a tooth.

Acidity Scale of Regular Drinks -

Tap or Filtered Water – Ph 7 – Good for Teeth

Bottled Water – Ph between 5 and 6

Popular Brand OTC Mouthrinse – Ph between 4 and 5

Coffee – Ph around 5

Sodas / Coke / Pepsi – Ph between 2 and 3

Introduction - Home care refers to regular brushing, flossing and tongue cleaning. For some individuals, brushing twice daily and flossing at night is acceptable regimen to prevent dental decay, oral and gum disease. For others, additional products like mouthrinse, xylitol gum, or highly fluoridated toothpaste may be needed.

Toothbrush -

- Manual or Phillips Sonic Care / battery operated advised
- Use smaller size toothbrush – Compact Head size with Soft Bristles
- Change toothbrush when bristles are swayed (no longer straight) or approximately every 2 months
- Toothpaste should cover not more than half of brush length and brush for two minutes
- Brush up and down or in circles (Not Sideways); scooping action
- Partially close your mouth so toothbrush moves further back



- **High Dental Cavity Risk Patients** – Use Xylitol Gum – SPRY (Whole Foods)



Toothpaste –

- Arm and Hammer Complete Care Plus Enamel Strengthening



- Crest / Colgate Total / Crest
- Biotene paste with Fluoride
- Highly Fluoridated – Prevident 5000 Booster Plus or Cari Free CTx4 gel 5000
- Sensitive teeth – Sensodyne or Enamelon or Remin Pro



Floss – Waxed Floss recommended

- REACH or ORAL –B

Mouth Rinse – Non Alcoholic, Non Acidic (Ph >7) Recommend



- SmartMouth, or ACT or Cepacol or Biotene – Target or Walmart
- CariFree CTx 4 Treatment rinse