

Recommended Oral Hygiene Routine

1. We recommend an electric toothbrush with **ultrasonic** technology. Some great examples are Oral-B 3000, Oral-B Genius, Sonicare Diamond Care.
2. String floss, wrapping halfway around the tooth and following the sulcus as far down as it goes - we recommend Oral-B Glide
3. **Waterpik** to flush out debris – we recommend a cordless one, or the Sonic Fusion which is an ultrasonic toothbrush and Waterpik in one
4. Use OxyFresh or similar non-irritating rinse

Remember to

- Brush at least twice a day (at least morning and night – remember no eating or drinking other things besides water afterwards!)
 - Brush at least 2 minutes each time

Additional Brushing Tips:

- Try your best to brush immediately after you eat carbs/sugars (candy, chips, Cheetos, Takis, cookies, etc)
- After drinking / eating acidic foods (orange juice, pickles, soda, etc) – drink lots of water and brush AFTER 15 minutes

Dry Mouth Products to Try

- ACT Dry Mouth Lozenges, Rinse – drugstores, major retailers like Walmart, Target, grocery stores,
- Biotene – drugstores, major retailers like Walmart, Target, grocery stores, amazon.com
- Oasis Mouth Moisturizing Spray for Dry mouth – walgreens.com, amazon.com
- Orajel Dry mouth – select retailers, amazon.com
- Xylimelts lozenges– select retailers, amazon.com

Toothpastes to Try

- Crest 3D white
- Sensodyne Brand if your teeth are sensitive
- Parodontax toothpaste for gums that are prone to bleeding
- 3M Clinpro 5000 (rX only) for cavity-prone mouths

