

# Cavity Prevention

## SUGGESED DAILY ROUTINE

**AM:** **NOVAMIN Toothpaste\*** (X-PUR Tooth Revitalizing Paste)

**During Day:** Use **XYLITOL PRODUCTS**

- ◆ Mints\*
- ◆ Chewing Gum\*
- ◆ WOW\* dry rinse (made with Xylitol & baking soda)
- ◆ Xylitol Sugar\* (use to sweeten or to use in waterpik )
- ◆ Boost Spray (available in our office)

-For Xylitol products to be effective use approximately 6-12 grams a day.

This equals a combination of 6-12 mints, 6 gum and WOW.

-Start slow with Xylitol products as it may cause increased bowel movements.  
(If this occurs, just cut back on the amount of Xylitol you are consuming)

\*All products available at Kenron Pharmacy.

**PM:** **BRUSH** with Fluoride or Xylitol Toothpaste

Don't forget to **Floss...**

**BEDTIME:** **MI PASTE** (Available in our office)

This is not a toothpaste, it is a rematerializing paste made with Recaldent. This product helps to prevent demineralization, sensitivity, reduces acid levels and helps to relieve dry mouth. It is safe to swallow. Not recommended if you have milk allergy.

- ◆ Use just a small pea size, rub on teeth, can be flossed between teeth. Do not rinse, spit and go to bed.

**CUSTOM TRAYS:** **PreviDent 5000/Fluoride or MI Paste** to be used twice a day for 5 minutes

## OTHER RECOMMONDATIONS:

**WATERPIK:** Irrigates and massages gums

- ◆ Can be used with baking soda or Xylitol sugar
- ◆ Great for implants, bridges and braces

**FLUORIDE PRODUCTS:** Suggested by C.D.A. (up to patients discretion)

- ◆ Toothpastes containing Fluoride
- ◆ Rinses containing Fluoride
- ◆ Fluoride varnish (treatments done in office)

Recommend Fl supplements for everyone from the age of 6 months-16 years.

Calgary water has between 0.2-0.4ppm naturally occurring Fl.

### **SUPPLEMENT SCHEDULE:**

- ◆ Birth-6 months: no fluoride
- ◆ 6 m – 3 yrs: a small smear of Fl toothpaste on a brush, brush and spit, do not rinse.
- ◆ 3 yrs – 6 yrs: 0.25mg – a pea size of Fl toothpaste on a brush, brush and spit, do not rinse.
- ◆ 7 yrs – 16 yrs: 0.5mg – 2 pea size of Fl toothpaste on a brush, brush and spit, do not rinse.

Parents can buy Fl supplements over the counter. **Fluro-a-day** makes a liquid a chewable tablet.