

## RTC Dental's Oral Hygiene Instructions:

### 1) Recommendable hygiene products

**Oral B Black1000 Electric Tooth Brush**

**Colgate Total - Tarter Control** - Tooth Paste

**Glide Ribbon Floss**

**Listerine Cool Mint** antiseptic mouth rinse

(unless if the patient is a smoker or if the patient suffers from dry mouth and/or alcoholism)

**Water Pik water flosser**

This item, along with the various tips can be purchased on "Amazon.com".

We recommend only the "pik pocket" tip which can be purchased for \$7 on "Amazon.com".

### 2) Brushing Technique

3-4 minutes with generous tooth paste that is "thick and gritty" like sand paper.

Reload your brush with fresh gritty tooth paste after each 90 seconds of brushing.

Use the 'Oral B PC1000 electric brush' and 'Colgate Total- Tarter Control' tooth paste.

Concentrate much of your efforts on the lingual surfaces (tongue surfaces), especially the lower front teeth on their lingual surfaces.

### 3) Flossing Picks with handles for children and adults

### 4) Professional Dental Cleaning Protocol

Come for professional cleaning at least twice per year in a dentist office.

Most people need 3-4 professional cleanings per year to maintain healthy teeth.

Periodontal patients (patients with history of periodontal disease) need 3-4 professional cleanings per year.

### 5) Preident 5000+ fluoride tooth paste ( Keep out of reach of children! )

Use this 2-3 times per week (or more often), however, always continue brushing with Colgate Total tooth paste on a daily basis.

Colgate total is better designed to clean the tooth. Preident is simply a dose of fluoride and it does not contain the silicate particles used to cleanse the tooth surface.

### 6) Use "Fluoride carrier trays" to rematerialize your teeth

Place tiny amount of Preident 5000+ tooth paste into the fluoride carrier tray and wear on your teeth for 1-4 hours. Avoid overfilling the trays and there should be very minimal preident leaking into your mouth.



Oral B - PC1000 Electric Tooth brush  
Colgate Total Tarter Control Tooth Paste  
Glide Floss  
Glide Floss Picks - for children and adults



Cordless WaterPik & Pik Pocket Tip

