



Oral Hygiene Products

- **Clinpro 5000:** (1.1% Sodium Fluoride Anti-Cavity Toothpaste) This advanced formula toothpaste delivers more fluoride, helps strengthen enamel, and helps reverse white spots better than conventional prescription fluoride toothpastes. Children to age 16 brush once daily and **must** rinse, then spit out. Adults brush once daily and **do not rinse**, just spit out. **Do not swallow**. Do not eat or drink for 30 minutes for maximum effect.
- **Colgate Total Toothpaste or Crest PRO-HEALTH:** (.24% Sodium Fluoride, Triclosan .3%) Both products help protect against cavities and gingivitis. Dr. Dann recommends using either toothpaste twice daily, once in the morning and once at lunch.
- **Colgate Perio-Gard:** (Chlorhexidine Gluconate .12%) Is an antimicrobial agent that helps reduce gingivitis and gum tissue inflammation, helps healing of swollen or irritated gum tissues and poor oral hygiene. You may need to brush, rinse or squirt Perio-Gard onto an irritated area depending on doctor's recommendation. Allow it to sit for 30 seconds with nothing to eat or drink. **Be sure you do not swallow**. Use Perio-Gard in the morning and fluoride at night. Perio-Gard may cause some temporary staining when used daily as prescribed (once daily in the morning).
- **Peroxyl rinse:** (Hydrogen Peroxide) is an antiseptic oral cleanser. Peroxyl rinse is used for the treatment of minor mouth and gum irritations. It is also used to help counteract the staining effect of Perio-Gard rinse. Rinse with ½ capful for 1 minute, and then spit it out. **Do not swallow**. Peroxyl may be used up to 4 times a day. For use after Perio-Gard and fluoride wait ½ hour and then use Peroxyl.
- **Disclosing liquid:** Disclosing liquid is used to help identify food or plaque that has been left on the teeth after brushing. Place 3-5 drops on the tongue and swish it around in your mouth. Spit it out, **taking care not to swallow**, and rinse 2-3 times (be **VERY** careful, as it will stain your clothing). Anything red or pink in your mouth is food or plaque that has been left behind. Brush teeth again until all pink or red is gone. Disclosing liquid is used before fluoride or Perio-Gard
- **Colgate Orabase:** (Benzocaine 20%) Used for temporary relief of pain associated with canker sores, injury to mouth or gums, minor irritations of the mouth or gums, and also shield from further irritations caused by orthodontic appliances. It can be applied to affected areas up to 4 times per day.
- **Professional Topical Fluoride/Varnish:** (Fluoride:0.31% Acidulated Phosphate Fluoride, 1.64 % stannous Fluoride/Varnish:5% Sodium Fluoride Varnish) On occasion, Dr. Dann may administer an in office fluoride rinse. Rinse for one minute followed by a second one minute rinse. **Do not swallow. Do not eat or drink for 30 minutes.** Varnish may be applied to the teeth to help reduce the potential for decalcification/white spots. If applied, do not brush or floss for 4-6 hours, and avoid hot drinks and beverages/products containing alcohol.

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