

## Rinses and Pastes

We have recommended an at home therapy for you to use in conjunction with your cleanings and dental treatments. Fluoride aids in re-calcifying the enamel and root surfaces of teeth to help treat and prevent hypersensitivity (sensitivity to cold), cavity formation, recurrent decay (breakdown around an existing fillings) and decalcification (white spots). Antimicrobial rinses aid in lowering the bacterial count in plaque in order to treat gum inflammation, infection, minor ulcerations and to prevent contamination of treatment sites.

### Fluoridex Daily Defense Paste (1.1% Sodium Fluoride)

This type of fluoride is a prescription strength brush on gel paste to be used preferably at nighttime before bed. Directions for use are as follows: Brush and floss as usual. Shake all excess water from toothbrush and apply a small pea size amount of Fluoridex. Brush as normal for at least one minute and spit out excess. Do not rinse with water, eat or drink for 30 minutes. In severe cases of hypersensitivity or caries active patients, a second application may be recommended in the morning after breakfast.

### Fluoridex Daily Renewal Rinse (.63% Stannous Fluoride)

This rinse is a water free concentrate of prescription stannous fluoride that is to be diluted (activation) just prior to use. It is a treatment rinse and not a mouthwash. Directions for use are as follows: Brush and floss normally. Pour the Fluoridex concentrate into the measuring cup to the 1/8 fluid ounce mark. Add water to the 1 ounce mark and mix with toothbrush. Immediately rinse with mixed solution for up to 1 minute and spit out. Rinse again with any remaining solution for up to 1 minute. Do not swallow or rinse with water. Treatment is most effective before bedtime. Do not eat or drink for 30 minutes after application. This rinse may cause some minor staining depending on your individual chemistry or in the presence of orthodontic appliances. Proper brushing and flossing will keep stain to a minimum. In severe cases a second application may be recommended.

### ACT Fluoride Rinse (.05% Sodium Fluoride)

This is an over the counter rinse to be used at bedtime or multiple times during the course of the day. Flourigard is another brand name along with in-store brands which may be substituted. Directions for use are as follows: Brush and floss as usual. Fill top to fill line and rinse for 1 minute. Spit out all excess and resist the urge to rinse afterwards. Do not eat or drink for 30 minutes. This rinse is for all ages, 6 and older and may be used up to 3 times per day.

### Chlorhexidine Gluconate (.12%)

This a prescription ant microbial rinse to be used 1-2 times daily to treat and prevent infection and to promote healing and healthy gums. Directions for use are as follows: Brush and floss normally. Rinse with 1/2 ounce for 30 seconds and spit out excess. Do not

swallow. No eating or drinking for 1 hour after application. You may experience a slight altering of taste and moderately stain your teeth. This is only temporary while you are using the rinse. Good hygiene will minimize any staining during treatment.

Should you have any questions or concerns about the use of any of the above, please do not hesitate to call us. Following the recommended directions is critical to achieving the desired therapeutic benefit.