

Patient Name: _____ Date: _____

Cavity Reduction Protocol

- Home care**
 - brush, floss and clean tongue (minimum 2x day)
 - clean teeth after all meals and snacks when possible

- Limit sugar consumption & ALL carbonated drinks & Sports drinks**
 - beware of hidden sugars in food & drink
 - 4g sugar per serving = 1 tsp sugar per serving

- Use Xylitol (no more than 50-90g per day) or Stevia**
 - substitute for sugar in coffee or tea: bulk barn, health food stores, some grocery
 - use to sweeten foods or for baking

- Chew mints or gum that contain Xylitol (20g/day)**
 - Therapeutic: X-pur Shopper's
 - Gum 1-2 pieces (3-5x day)
 - Mints 2-4 pieces (3-5x day)
 - Preventative: Pur, Spry, Icebreakers, Trident Xtra care gum with Recaldent

- Use Remineralizing toothpaste (1-2x day)- DO NOT RINSE**
 - X-pur Remin toothpaste, MI paste dental office
 - Brush on or use custom trays - leave on overnight

- Home fluoride products (rinses or pastes) - DO NOT SWALLOW/RINSE**
 - Toothpaste: (1x day/AM) leave on 1-3 min, spit out excess, nothing orally for 1 hour
 - Prevident, X-pur 1.1 % NaF gel dental office
 - Rinse:
 - X-pur optirinse 0.2%: (10 ml 1x/week) Shopper's Drug Mart

- Anti-microbial rinse (7 days in a row, 1 week/month)**
 - as prescribed by Dr, Bentley - Peridex, Periogard dental office
 - Do Not use with fluoride products (use 1 hour after brushing)
 - Caution: may stain teeth or affect taste over time

- Office applied Fluoride Varnish**
 - as prescribed by Dr, Bentley
 - 3-4 x year