

# Plan to Reduce High Risk of Developing Tooth Decay

Rx  
For

Patient \_\_\_\_\_ Date \_\_\_\_\_

## DIETARY MODIFICATION

- Reduce quantity and frequency of consumption of sugary or starchy foods, especially between meals. Do not sip sodas, sports drinks, coffee or tea with cream or sugar for long times. Avoid eating hard candy, cough drops, breath mints and starchy foods routinely. Diet soda does not promote tooth decay, but it is acidic and can dissolve tooth enamel.

## PLAQUE CONTROL

- The correct technique for brushing and flossing is essential in removing plaque. Bacterial plaque causes both tooth decay (caries) and gum (periodontal) disease. Brushing and flossing remove plaque.

**Brush at least twice a day with soft toothbrush and fluoride toothpaste.**

**Floss at least once a day.**

## FLUORIDE TOOTHPASTE - Over the Counter (OTC)

- Use it. Fluoride 1000-1500 ppm helps reverse early tooth decay. Freshens breath and removes stains.

### PRESCRIPTION FLUORIDE TOOTHPASTE

	Brand	Active Ingredient	Dose
<input type="checkbox"/> Concentrated fluoride toothpaste for use at home may be prescribed	Fluoridex	1.1% Neutral Sodium Fluoride	5000 PPM

## FLUORIDE MOUTHRINSE - Over the Counter (OTC)

- |                                                                                                                                 |                 |  |  |
|---------------------------------------------------------------------------------------------------------------------------------|-----------------|--|--|
| <input type="checkbox"/> Rinse with one tablespoon for 60 seconds, then spit out. Do not eat or drink for 30 minutes after use. | ACT, Fluorigard |  |  |
|---------------------------------------------------------------------------------------------------------------------------------|-----------------|--|--|

## PROFESSIONALLY APPLIED FLUORIDE

- Fluoride varnish or gel applied four times in one month helps reverse early decay. Can be placed at the end of visits for restorative care for convenience.
- Be sure to get a fluoride treatment at each recall visit.

## FLUORIDE GEL WITH CUSTOM TRAYS

- Dentist makes custom trays to fit your teeth, fill with prescription fluoride gel. Helps with root decay.

### MI PASTE, Rx only

	GC America	See Sheet Attached
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### XEROSTOMIA PRODUCTS (OTC)

	Oasis, Biotene	See Sheet Attached
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## CHLORHEXIDINE PRESCRIPTION MOUTHRINSE

- |                                                                                                                                                                                                                                                                            |                               |                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|----------------|
| <input type="checkbox"/> Rinse with one tablespoon for 30 seconds, then spit out. Do not eat or drink for 30 minutes after use. Wait 30 minutes between using chlorhexidine rinse and brushing with toothpaste. Do this 1X per day, one week per month for 6 to 12 months. | 0.12% Chlorhexidine (Peridex) | one tablespoon |
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### XYLITOL GUM Over the Counter (OTC)

	Brand	Flavor	
<input type="checkbox"/> Chew two pieces for five minutes after meals three times per day.	Altoids Chewing Gum	Cinnamon & Peppermint	
The xylitol sugar is destructive to decay-causing bacteria; other sugarless gums are not as effective.	Ice Breakers ICE CUBES		

## RECALL APPOINTMENTS

- Frequency: every three months until you are decay-free.