



## Treatment Protocol for Patients at High Risk for Cavities

- Make **appointment** to have **cavities** filled.
  - You will be put on a **3-month cleaning (prophylaxis) schedule**. At each prophylaxis appointment you will receive a **fluoride varnish**.
- **Morning**: Brush teeth with non-prescription toothpaste. Rinse mouth with **fluoride mouthwash** (i.e. Act) after brushing your teeth. Rinse around mouth for 30 seconds, and then spit out. Do not swallow. Avoid eating and drinking for 30 minutes after use.
- **Bedtime**: You will be prescribed prescription strength fluoride toothpaste (Prevident or Clinpro). Use this toothpaste at night. Use a pea size amount. You should not rinse after using this toothpaste. If you feel you need to rinse after brushing your teeth, use regular toothpaste to brush first, rinse, and then spit. Then brush on Prevident or Clinpro, move around teeth with tongue, spit, but **DO NOT RINSE**. Do not eat or drink for 30 minutes. It is helpful to **floss after** brushing on Prevident/Clinpro as this gets the fluoride in between teeth where many cavities begin. Make sure you are flossing daily.
- Keep a small bottle of ACT fluoride rinse with you. Use this during the day when you cannot brush. Rinses for at least 30 seconds, spit, do not rinse.
- Use xylitol gum or mints. Gum – 2 pieces, 3 times per day for five minutes per chewing experience. Mints – 2 mints, three times per day slowly dissolve in the oral cavity (don't chew). Do not chew gum if you have TMJ issues.
- Watch your diet. Sodas and sugary drinks are a main culprit of cavities. Read labels for sugar content. Diet sodas/energy drinks/sports drinks (such as Gatorade) are also very damaging to your teeth due to high acid content. If you are going to consume one of these beverages, drink it at one sitting (in a short amount of time). Do not sip for long periods of time on sugary drinks. Replace these drinks with water or unsweetened tea. Stevia is an organic sweetener that is not bad for your teeth and is not artificial. Swerve is another organic sweetener that does not have an unpleasant aftertaste. Also, stay away from sweet, sticky foods such as gummy bears, gummy worms, fruit snacks, caramels, sugary gum, etc.