



SMILE WITH CONFIDENCE

Reduce Your Risk of Tooth Decay

Tooth decay is an infectious, transmittable disease that damages tooth structure resulting in cavities or holes in your teeth. At TechTown Dentistry we want to help you reduce your risk of tooth decay.

These recommendations have been specifically selected to help you reduce your risk of tooth decay.

Effective Oral Hygiene: **Brush, floss, complete plaque removal.**
Remember - **“Healthy gums never bleed. Never, ever.”**

Products:

X-Pur Toothpaste

- Available to purchase at TechTown Dentistry. Cost: \$15/tube
- Benefits: increases the pH level in your mouth and adds the minerals required to remineralize the tooth structure, decreases sensitivity, reduces gingivitis
- **Directions for Use:** brush with X-Pur 1- 2X/day – spit out excess but **do not** eat, drink or rinse for at least half an hour after use

Colgate Prevident 5000 Toothpaste

- Available at most drug stores and at TechTown Dentistry for \$8.75
- Benefits: high fluoride content
- **Directions for Use:** alternate the use of X-Pur and Prevident 5000 with each brushing

Xylitol (it must be 100% xylitol)

- Benefits - plays a valuable role in decay prevention encouraging remineralization of your teeth and by creating an environment that is more resistant to decay due to the increasing of the pH levels. Levels of your decay causing bacteria are reduced when use you 100% xylitol gum and lozenges.
- Xylitol also reduces tooth sensitivity
- 6 grams of pure xylitol is required daily to reduce decay – must read the package to see the amount per piece of gum or mint – The protocol for the SPRY products are: 3 pieces of gum daily- one after each meal, chew for 5 –10 minutes each OR 6 mints daily - suck on 2 mints after each meal

Fluoride Varnish

- In office application every 3 to 6 months at your continuing care visits with your hygienist
- Benefits: stronger teeth, reduces your risk of tooth decay, will remineralize “white spots.”
- Fluoride varnish at time of hygiene visit \$46.92
- Fluoride varnish on a separate visit \$90.84

If you have any questions please contact TechTown Dentistry!

