

Home Care Recommendations

*indicates highest recommendation

Toothbrushes

Manual – Soft bristle brush

Mechanical – *Sonicare
Oral B Braun

Toothpastes

Any cavity protection toothpaste containing fluoride. For very sensitive teeth – Sensodyne.

Floss

Glide if regular floss gets caught between teeth.

Oral Irrigators

*Viajet Pro by Oratec – only sold in dental offices or ordered online at oratec.net
Ultrajet by WaterPik

Fluoride Rinses

ACT Total Care
Crest Pro Health Complete (Non-alcoholic)
Listerine Total Care

Antimicrobial Rinses

Peridex (prescription) – recommended for patients with diagnosed active periodontal disease
Therasol (can only be purchased in a dental office or ordered on line at oratec.net)
Listerine

Bottled Water

*Deer Park Fluoridated
*Evian
Crystal Geyser Natural
Figi
For newborn to six months – Gerber Pure

Fluoride Tablets

by prescription

Tooth Whitening

Professional (performed by hygienist)

Denture Cleaner

Polident 3 minute soak

Denture Adhesive

personal preference

Mouthguard/TMJ splint cleaner

Dentasoak (can be purchased on line at dentasoak.com)

