

Free Fluoride Treatment
with Your Cleaning, just
tell us you read newsletter



What you need to know before you spend your money in any dental aisle.

We went shopping at CVS for Dental supplies in order to give you our best recommendations!

Toothpaste:

Requirements for toothpaste: non abrasive, has fluoride, good taste

As long as toothpaste has fluoride -it works for decay prevention. (Toothpaste not containing fluoride does not protect your teeth from decay, example-Tom's)

For sensitive teeth- look for *Potassium Nitrate 5%* on active ingredients list, does not matter who is the manufacturer (buy what is best for your valet). We do not recommend sensitivity whitening toothpaste- not a good combination.

Iso-Active toothpaste by Sensodyne and Aquafresh is great for your teeth and gums. Oxygen is delivered when you brush kills anaerobic bacteria that causes gum disease.

Whitening Toothpaste: buy only whitening toothpaste that has any kind of hydrogen molecule as whitening active ingredient. *Silica* ingredient is not good for the enamel, it scratches the surface of your teeth, therefore attracting more staining and damaging your teeth.



Floss

Glide, or any brand tape floss and what we call rubber floss-Reach Total Care with Listerine flavors are the best on the market. For cleaning between your teeth also use floss picks, any kind of interdental brushes, and/or floss holders. We also recommend using a Waterpick in addition to flossing.



Mouthwashes

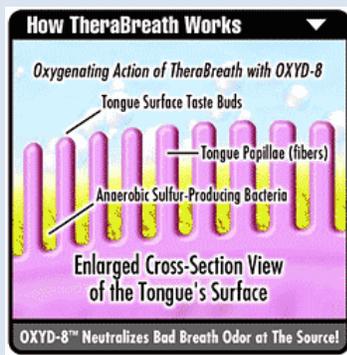
Mouthwashes are need specific. If you looking to fight bad breath or protect the enamel or fight bleeding gums and kill bacteria, the target rinse is going to depend on your goal. Let's start with most known-Listerine. *Listerine* is the only FDA approved mouthwash, with or without alcohol, it gets the job done. It will make your mouth feel refreshed and will kill loose bacteria only. Poloxamer 407 is an inactive ingredient in Listerine mouthwash. From research about P407: "it was reported in the Australian Newspaper 18 November 2006 that this (P407) common ingredient in toothpaste and mouthwash can cause high cholesterol." Also P407 is a surface disinfectant. Is it safe? We don't know for sure.



Crest Pro-Health- this mouthwash has **Cetylpyridinium Chloride** as the active ingredient. This chemical kills bacteria and reduces plaque formation. However, this is not an FDA approved mouthwash. That is the only fact that makes me nervous about Crest products; they do not pass FDA approval. As a Dental Professional I want to be certain that this product is safe before recommending it to our patients.



Fluoride Containing Mouthwashes:



ACT- great product, delivers fluoride treatment at home, protects enamel and makes your teeth stronger, recommended mostly for people who have a number of existing restorations and/or gets frequent cavities. ACT mouthwash for children, helps build strong, new teeth.

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Phos-Flur by Colgate, Anticavity Mouthwash

The manufacturer states that this mouthwash will protect from white spots when in braces. White spots are decalcification areas that are caused by prolonged accumulation of plaque. It is pre-cavity staining. Good oral hygiene, frequent brushing and flossing will prevent white spots. When in braces, fluoridated mouthwash is highly recommended to protect the enamel, however, the Phos-Flur mouthwash is very overpriced \$ 14.79 at CVS, when ACT cost \$5 and delivers exactly the same results.



Peroxil

Great mouthwash with gum healing properties, it is 1.5 % Hydrogen Peroxide in CVS about \$6. It cannot be used for prolonged periods of time. Recommended to be used about 1 week at a time.

To save money you can buy regular 3% hydrogen Peroxide - about \$3 a bottle and dilute it 50/50 with distilled water. You will get the same mouthwash, much cheaper (less the better taste). You can't use the solution for longer than one week at a time.



Closys, TheraBreath and Oxyfresh, use stabilized chlorine dioxide as active ingredient,

What is Stabilized Chlorine Dioxide?

Stabilized chlorine dioxide is actually a solution of sodium chlorite, a primary ingredient in several mouthwashes and toothpastes.

Antiseptic Properties of Stabilized Chlorine Dioxide Although one stabilized chlorine dioxide advertisement refers to its product as, "The ultimate Germ Killer,"[8]Stabilized chlorine dioxide itself, is a poor antiseptic, not much different in disinfection ability than common salt water... No testing presented by the manufacturers of stabilized chlorine dioxide, or the original inventors, has proven any different. The test results presented have little substance, and the references stated are usually unobtainable.



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Besides the fact of unsafe active ingredient, all the above listed mouthwashes are way overpriced. Want my advice? Don't waste your money.

Chlorhexidine Gluconate

Great prescription mouthwash is 0.12% Chlorhexidine Gluconate, which can be prescribed by your Dentist.

It is the best disinfecting oral medication. Disadvantage- will stain teeth after prolonged use.

Other must have as a part of your dental routine:

Tongue cleaners/scrapers, but not brushes

Tongue brushes are useless because they loosen bacteria that stick right back on your tongue. Tongue scrapers/cleaners scrape the bacteria off the surface of your tongue; there is great variety- all of them work.



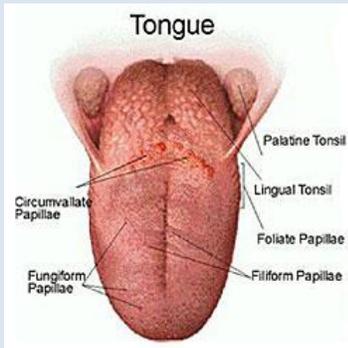
Dry Mouth Remedy:

Oasis mouthwash by Sensodyne-works great

Biotene- buy oral gel as saliva substitute only, don't waste your money on toothpaste or mouthwash.

Dental Tools:

Please don't buy them! Let the professionals do that job for you.



Mouth guards:

They work as long as you can keep it in your mouth. Disadvantages: Overpriced \$40 and poor fit

DID YOU KNOW, THAT!!!

-The oldest tree from Earth is estimated to be about 4600 years old and it's a bristlecone pine from California. That's an amazing fact

-Just munch a handful of nuts a day and you will be doing more than good to keep yourself healthy and stay fit.

-Lemons contain more sugar than strawberries

Food for the thought:

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

Buddha

