



Aggressive oral prevention measures for patients with high decay risk

1. Use of Peridex 0.12% Rinse (or generic) 1 time per day for 2 weeks, stop for 3 months, and continue the same regime
2. Use of Prevident 5000 tooth paste 2-3 times per day. Brush 2 min. Floss with paste still in mouth if possible. Spit excess and do not rinse. Can use alone or in combination with regular toothpaste (which is more abrasive) if desired. Refrain eating/drinking for at least 30 min.
3. Daily use of xylitol products (candies, gum, etc.). These can also help stimulate saliva activity. Granular xylitol is also recommended to be used in place of sugar or artificial sweetener.
4. Nightly use of fluoride trays (if recommended by dentist). Place several drops of Prevident 5000 gel in trays and evenly disperse. Place over the teeth and wipe excess. Leave in place for 15-30 min. Remove trays, spit excess, and place trays in mouth over night if possible.
5. Use of saliva substitutes, such as Biotene products as needed for dry mouth.