

Baines Dental Wellness



Routine for patients with high risk of dental decay

Use Peridex Rinse for 30 seconds 2 times a day for 2 weeks every 3 months. During those 2 weeks do not use prescription fluoride toothpaste, rinses, or gels.

Use of xylitol products (6 to 8 grams) EVERYDAY- do not skip a day. A teaspoon of xylitol sweetener contains 4gms. You may also chew 2 pieces of gum sweetened with xylitol for 5-10 minutes, 3 times a day.

After 2 weeks of Peridex Rinse, return to use of prescription high fluoride toothpaste, MI paste with fluoride (3 to 5 times a day) and/or fluoride rinses (2 times a day).

Diet Modifications: avoid refined sugars, sugared beverages, sodas (even diet), fruit drinks, juices, sports drinks, sweet teas, coffee creamers, milk and ice cream at night, cough drops and breath mints that are not sugar free, and carbohydrates (crackers, pasta, bread, etc.). Carbohydrates turn into sugars in the mouth. Every time you eat something with sugar it produces the acids that cause decay for ½ hour. If you wish to have sugars, have them with your meals then brush or rinse after eating or drinking.

XYLITOL is the sweetener of choice.

IF YOU HAVE ACID REFLUX follow the above protocol and:

Avoid brushing your teeth immediately after a reflux episode as brushing may damage the enamel that has already been weakened by the acid.

To dilute the acid in your mouth, rinse vigorously with water. Rinsing with baking soda (1 TBS to ¼ cup water) will neutralize the acid.

Call our office if you have any questions and to discuss other treatments for acid reflux.