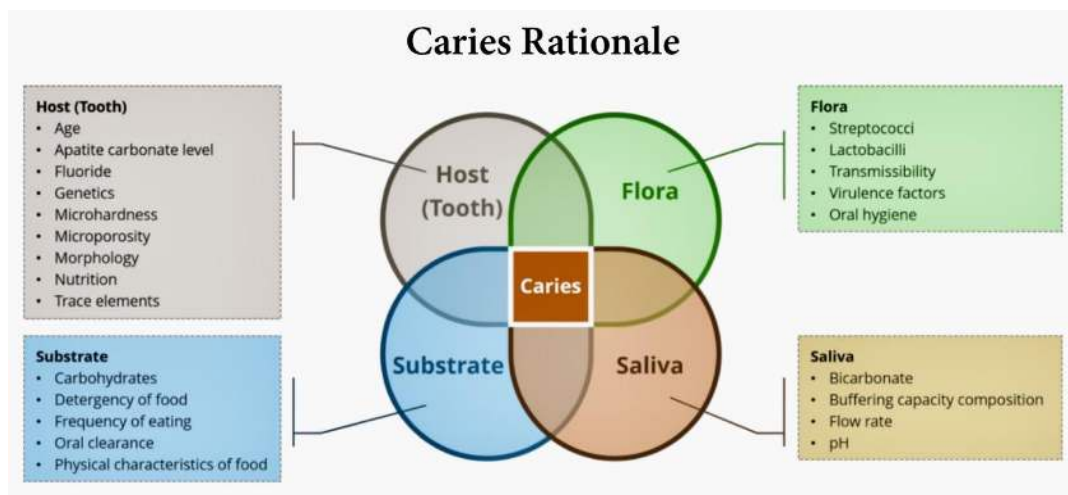


Homecare Recommendations to Reduce High Caries Risk

What is Tooth Decay and Caries?

Tooth Decay is caused by an infectious disease called dental caries. Caries is the formation of holes, or “cavities,” in your teeth by acid-producing bacteria.

What causes Tooth Decay?



The presence and extent of tooth decay in your mouth depends on the balance of a number of risk factors. This balance varies between different people as well as within the same person over that person's lifespan. For those people who are at increased risk for caries, regular brushing and flossing alone will not prevent their teeth from decaying.

The risk factors for tooth decay are:

- The amount and type of tooth decay-causing bacteria in your mouth
- The ability of your saliva to neutralize or buffer the acid produced by these bacteria
- The mineral composition or hardness of your enamel
- Your dental home care routine
- Your diet

What can I do to minimize my risk of future Tooth Decay?

- Special oral rinses that reduce the number of caries-causing bacteria in your mouth
- Oral aids, such as special chewing gum, mints or lollipops that increase salivary flow
- Xylitol containing products to decrease mouth acidity
- Mineral applications of fluoride, calcium, and/or phosphate to your teeth to harden the enamel
- Customized home dental care instruction
- Customized dietary counseling

Product Recommendations:

Oral Rinses:

1. ACT Anticavity
2. X-Pur Optirins 0.2%



Why these brands? They have a neutral pH and do not contain a drying agent (like alcohol).

Xylitol gum or Pastilles

1. Pur Gum
2. X-pur Gum/Pastilles
3. Epic Gum



Why these brands? They contain 100% Xylitol and no additional synthetic sweeteners

Xylimelts:

1. OraCoat Xylimelts



Why this brand? Xylimelts are non-acidic and can be used while sleeping as well as with braces, dentures or CPAP machines

High Fluoride Toothpastes:

1. Clinpro 5000



Why this brand? Clinpro has low abrasivity and a basic pH