PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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PREVENTION · HIGH CARIES RISK

ORAL CARE PRESCRIPTION AND PATIENT INSTRUCTIONS

Products and instructions to protect your teeth. Your dentist checks the ones prescribed for you.

Name: _____ Date: _____ Dentist signature: _____

1. HIGH-FLUORIDE TOOTHPASTE (5000 PPM)

☐ Prescribed

Fluorimax 5000 · Colgate PreviDent 5000 · Clinpro 5000

How to use: Brush thoroughly with a pea-sized amount **once daily at bedtime**. Spit out the excess; do not swallow. Do not rinse, eat or drink for **30 minutes**.

Do not use in children under 6.

2. MI PASTE (CPP-ACP)

☐ Prescribed

GC · Recaldent

How to use: Apply a thin layer over your teeth with a clean finger, cotton swab or custom tray **twice daily after brushing**. Leave it for 3 to 5 minutes, then spit out the excess. Do not rinse; avoid eating or drinking for **30 minutes**.

Do not use if you are allergic to milk protein.

3. FLUORIDE MOUTHWASH (SODIUM FLUORIDE 0.02%)

☐ Prescribed

Listerine Total Care Anticavity

How to use: Adults: rinse with **10 mL for 1 minute, twice daily** after brushing, then spit it out. Do not swallow. Avoid eating or drinking for at least **30 minutes**.

4. XYLITOL GUM

☐ Prescribed

Pur · BreathFx · Spry · Epic

How to use: Chew **1 to 2 pieces** (pure xylitol) for at least **5 minutes** after meals and snacks, up to 4 to 5 times a day. Provides about 6 g of xylitol a day.

Not recommended for children under 6. Keep away from pets.

YOUR DAILY ROUTINE

When	What to do
Morning (after breakfast)	Chew xylitol gum for 5 minutes. · Brush with regular fluoride toothpaste (wait at least 15 minutes after eating). · Fluoride rinse. · MI Paste.
After lunch	Chew xylitol gum for 5 minutes. · Brush with regular fluoride toothpaste (after 15 minutes).
After dinner	Chew xylitol gum for 5 minutes. · Brush with regular fluoride toothpaste. · MI Paste.
Before bed	Floss thoroughly. · Brush with the high-fluoride toothpaste (5000 ppm). · Fluoride rinse.

RECOMMENDATIONS

- Cut down on frequent snacking and sugary drinks between meals: the less often your teeth meet sugar, the fewer acid attacks and the lower your cavity risk.
- Daily hygiene is still essential: brush at least twice a day and floss once a day.
- Using your products consistently improves protection against cavities and dry mouth.
- Tell your dentist about any sensitivity or reaction.

IF YOU HAVE DRY MOUTH (XEROSTOMIA)

Biotène Dry Mouth Oral Rinse (alcohol-free)
Adults: rinse with **15 mL for 30 seconds**, up to 5 times a day or as needed, then spit it out. Do not swallow. If possible, avoid eating or drinking for 30 minutes.

QUESTIONS ABOUT YOUR PRODUCTS?

Call us at **(305) 787-3642** and we will help you choose and use each one.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-high-caries-risk

Patient Care Team
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