



## Advice following Ozone Treatment

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Brush with whatever toothpaste you prefer and then rinse.

Take a small amount of the **Healozone** paste and smear it over the surfaces of the teeth using your finger. You may apply it to all your teeth or just those that have been treated.

Spray the mouthrinse into your mouth TWICE.

Repeat the procedure both morning and evening and, if possible, after lunch. In between, use the spray occasionally (2 puffs). You are "loading" your saliva with all the minerals required to heal your teeth.

As the spray runs out, top up with the rinse.

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