



Useful Advice for Home Care

The following guidelines are set to help you preserve and maintain your dentistry and oral health. Your dental hygienist will recommend products that complement the artistry and function of your dentistry. To maintain healthy gum tissue you must remove all plaque deposits daily and commit to your hygienist evaluation schedule for maintenance. We recommend the following:

1. Rotary or sonic wave toothbrushes together with Oxyfresh toothpaste.
 2. Clean between your teeth daily with Tepe brushes. Your hygienist will inform you of the size specific to your need.
 3. Deplaque your tongue daily with an Oolitt tongue cleaner to remove bacteria, debris and dead cells.
 4. Rinse daily with Oxyfresh mouth rinse to reduce bacteria, prevent decay and freshen your breath.
 5. Before sleeping, apply Oxyfresh fluoride gel to maintain optimal oral health.
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