

## DENTAL DEPOT

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## Products for Fighting Tooth Decay

**Fluoride**- a natural mineral that **helps build and strengthen enamel**

- When the tooth structure is weakened by decay, fluoride helps to rebuild the enamel.
- The rebuilt portions of the tooth are stronger than the original tooth structure.
- All patients are recommended to brush with fluoride-containing toothpaste at least twice daily, after breakfast and immediately before going to bed, and also topical fluoride treatment at each hygiene appointment.
- In higher cavity risk patients it is recommended to use higher concentration (prescription) fluoride toothpaste, and also using over the counter fluoride rinses at least twice daily, typically after meals.
- Bedtime is the most important because saliva flow is reduced, increasing risk of cavities.

**Xylitol**- a natural sugar substitute that cannot be broken down by bacteria

It is indicated for patients who have **(1) low saliva flow rate, (2) active cavities**

- Xylitol and fluoride complement each other when protecting teeth.
- In order to be effective, xylitol must be the first listed ingredient.
- Typically one piece or one application has 1 gram of Xylitol.
- For optimum effect in reducing tooth decay, need 6-10 grams per day, spread out over at least three separate times during the day.
- Xylitol is also an alternative for cooking and baking, or adding to coffee

**Recaldent**- a milk-derived protein that contains Casein Phosphopeptides (CPPP) and Amorphous Calcium Phosphate (ACP).

- **Great for patients with low saliva flow rate (dry mouth)**
- People with dry mouth also have changes in the composition of their saliva. This change affects fluorides effectiveness in rebuilding tooth structure.
- Calcium and phosphate is necessary in rebuilding tooth structure, both of which are present in Recaldent.
- Chewing **after meals** is a great way to use Recaldent products

**Glylic**- extracted from the root of the licorice plant. Identified by UCLA School of Dentistry as an all-natural substance that disables bacteria that cause tooth decay.

- **Great alternative to hard candies, and also good for people with dry mouth**
- Dissolving these lollipops two times daily for 10 days will help reduce cavity causing bacteria for approximately three months.
- The longer it takes to dissolve, the more beneficial they will be

## **Cavity Fighting Products**

### **Chewing Gums**

- Trident Xtra Care (Xylitol and Recaldent)
- Trident (Xylitol)
- Epic Gum (Xylitol)
- Ice Breakers Ice Cubes (Xylitol)
- Arm and Hammer Advance White Gum (Xylitol)

### **Candies**

- Dr. John's Xylitol Candies (xylitol)
- Epic Xylitol Mints (xylitol)
- Kavidy Kops/Dr. Johns Cavity Fighting Herbal Lollipops (GlyLic)

### **Lozenges**

- Nuvora: Dentiva and Salese (Dry Mouth)

### **Toothpastes**

- Arm and Hammer Age Defying Toothpaste (Amorphous calcium phosphate and fluoride)
- Epic Fluoride and Xylitol Toothpaste
- PreviDent 5000 Plus (prescription level fluoride)

### **MI Paste Plus**

- sugar free dental paste that contains both Recaldent, Xylitol and Fluoride
- great for **(1) Sensitive teeth, (2) dry mouth, (3) early cavities, (4) tooth erosion or abrasion, (5) orthodontic home care**
- Apply a "dab" on finger and rub over teeth after brushing and flossing
- MI Paste**- contains Recaldent and Xylitol