

## Tooth and Gum Tonic



- Tooth and Gum Tonic**(<https://www.dentalherb.com/products/tooth-and-gums-tonic/>)

Tooth and Gum Tonic is a professional strength, all-natural ingredients, alcohol free, and non-staining alternative to chlorhexidine gluconate rinse. This rinse is indicated for short- and long-term soft tissue maintenance.

### **Tooth and Gum Tonic Instructions:**

- 1) Rinse your mouth with the solution after brushing your teeth, usually twice daily (after breakfast and at bedtime) or as directed by your doctor
- 2) Shake bottle before each use. Swish vigorously with 1/3 – 1/2 capful for 30 seconds, gargle if desired and spit out.
- 3) For best results do not eat or drink for 15 minutes after use. Tooth & Gums Tonic can be used as a supragingival rinse or with an interdental brush or applicator.

## Chlorhexidine Gluconate Rinse (Rx only)



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### **Chlorhexidine Gluconate Rinse Instructions:**

- 1) Rinse your mouth with the solution after brushing your teeth, usually twice daily (after breakfast and at bedtime) or as directed by your doctor.
- 2) Measure 1/2 ounce (15 milliliters) of the solution using the supplied measuring cup. Swish the solution in your mouth for 30 seconds, and then spit it out.
- 3) Do not swallow the solution or mix it with any other substance. After using chlorhexidine, wait at least 30 minutes before rinsing your mouth with water or

## Biotene

- Biotene** (<https://www.biotene.com/>)

When used as part of your daily oral health care routine, it is an ideal oral rinse for managing your Dry Mouth symptoms. It contains a mouth-moisturizing system to provide soothing, lubricating relief and its gentle alcoholfree formula refreshes your mouth, while helping to keep it clean, to maintain a healthy mouth. Biotene soothes and moisturizes for up to 4 hours, freshens breath, alcohol/sugar-free, provides a balanced pH, and can be used up to five times a day.

### **Biotene Rinse Instructions:**

- 1) For best results, use approximately 15 mL (one tablespoon) of Biotène® Dry Mouth Oral Rinse.
- 2) Rinse for 30 seconds and then spit out. You can use Biotène® Dry Mouth Oral Rinse up to 5



**Fluoride Toothpaste Instructions:**



- 1) Adults and pediatric patients 6 years of age or older: Apply a thin ribbon of PreviDent/Fluoridex(Rx) to a toothbrush. Brush thoroughly once daily for two minutes, preferably at bedtime. If there are cold sensitive areas, apply a very small amount to the sensitive side of the tooth right before bed.
- 2) After use, spit out and do not rinse. For best results, do not eat, drink, or rinse for 30 minutes. Pediatric patients, age 6-16, expectorate after use and rinse mouth thoroughly.

### Sensodyne Toothpaste

**Sensodyne Rapid Relief Toothpaste**



Sensodyne Rapid Relief toothpaste for sensitive teeth has a unique formulation with stannous fluoride that beats sensitivity pain fast. It quickly creates a protective layer over your exposed dentin—the sensitive areas of your teeth. This helps keep outside triggers from reaching the nerves in your teeth, providing clinically significant sensitivity relief in 3 days, and thereafter, when brushing twice a day.

### Periosciences

**Perioscience** (<https://www.periosciences.com/control/products>)



Perioscience has products that help with patient's who have dry mouth, sensitive teeth, would like a healthy way to whiten or are looking for natural products that contact antioxidants, essential oils and no alcohol, fluoride or artificial sweeteners or preservatives.