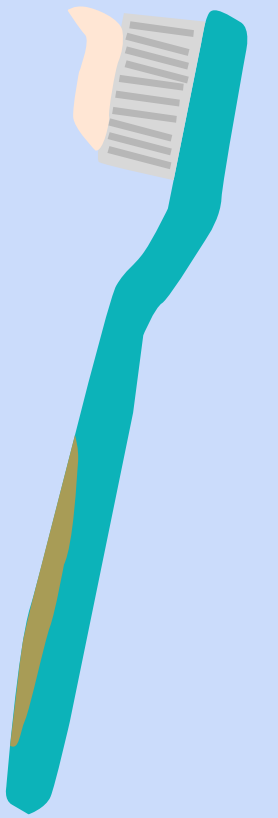




TOP ORAL HYGIENE PRODUCTS



Our hygienists are all about helping you maintain a beautiful smile! Together they have compiled a list of items that are the best of the best for your oral health and we are happy to share this list so YOU can have healthy teeth for years to come!

GLOSSARY

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Toothpaste

We recommend toothpaste options that are low in abrasivity. We lean towards products that support a healthy pH to create a balanced microbiome. [Click here](#) to see a chart of toothpastes ranked by abrasivity.

Fluoride Options:



Prescription Strength Carifree is available in our office - it has 5000ppm Fluoride vs. 1100ppm in the OTC version. Useful for patients with high rates of decay or excessive sensitivity.

Carifree OTC

Fluoride and Hydroxyapatite with Xylitol - SLS free (also offered in a fluoride free version).

Sensodyne Pronamel

The only versions of Sensodyne that is SLS free-great for patients with sensitive tissues or dry mouth.

Colgate Cavity Protection

Traditional fluoride toothpaste with low abrasivity-great value.

Closys Sensitive

SLS free-antimicrobial, great for patients who have dry mouth or allergic reactions like burning or peeling tissues.

Fluoride Free Options:

Carifree Kids

Fluoride free, safe to swallow.

David's Hydroxyapatite

Baking soda, xylitol-SLS free - Hydroxyapatite for remineralization.

Boka

Hydroxyapatite for remineralization, comes in many unique flavors, many that are kid friendly and safe to swallow - SLS free.

Tom's Rapid Relief

Seals nerve ending with Arginine and Calcium Carbonate, different active ingredient than Sensodyne - DOES contain SLS.



Mouthwash

Avoid Alcohol and Cetylpyridinium Chloride, these ingredients kill off the healthy bacteria and even stain the teeth! – Artificial coloring and some sweeteners also disrupt the balance of healthy bacteria. We recommend mouthwash on an as needed basis.



Stellalife Rinse - Also available for purchase in our office. Safe to use daily. Plant derived, healing, antimicrobial. Supports healthy bacteria. Great for dry mouth.

Closys Ultrasensitive - No flavoring or sweeteners, great for patients with allergies or dry mouth. Antimicrobial while supporting healthy bacteria (Closys Healthy Gums contains Cetylpyridinium Chloride, not recommended).

Carefree Maintenance - Our most preferred Fluoride rinse. Neutralizes pH. Perfect for patients with dry mouth.

Therabreath Fresh Breath - For patients who just really like a minty mouthwash to feel fresh. No alcohol and a healthy pH. Some varieties do contain Cetylpyridinium Chloride so be sure to read the label.

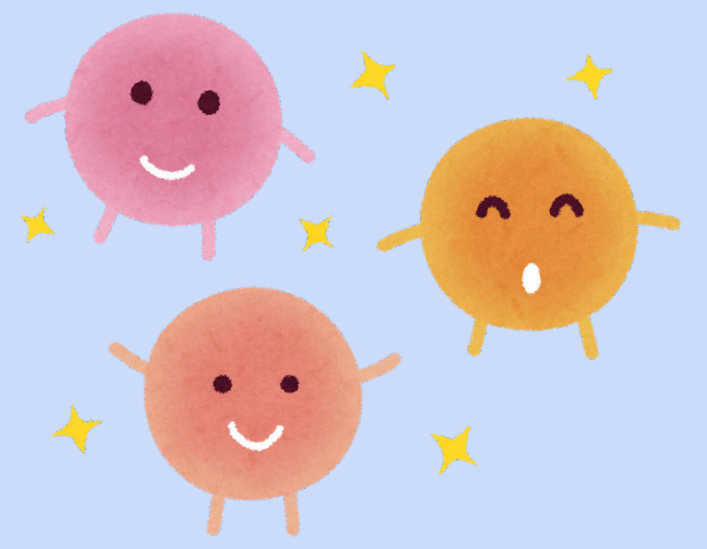
Therabreath Kids - Anticavity - Fluoride rinse for kids, no dyes or alcohol.

Hydrogen Peroxide/Water - Mix 1 part 3% hydrogen peroxide to 2 parts water-rinse for 60 seconds. This is also great to add to your waterflosser.



Baking Soda/Water - Mix one cup of warm water with one teaspoon of baking soda-swish by mouthful until cup is finished—Brushing with baking soda is also effective at reducing inflammation. Brush along the gumline continually dipping brush into baking soda, floss through, and rinse.

Oral Probiotics



These probiotics are meant specifically for oral health. They work by increasing healthy bacteria to crowd out the harmful bacteria. We may recommend an oral probiotic for patients that have chronic inflammation or patients who have had in-office antimicrobial therapy.

Stellalife Probiotics - Research around strengthening good bacteria instead of killing all bacteria is growing. This brand is our favorite because it includes strains that support healthy mouth bacteria as well as ear and throat bacteria. Do not use if allergic to milk.

Burst - IF Stellalife is out of stock, Burst has comparable strains.

Burst For Kids

BioGaia Probiotic - A good alternative to Stellalife if you have milk sensitivity.

Waterflosser

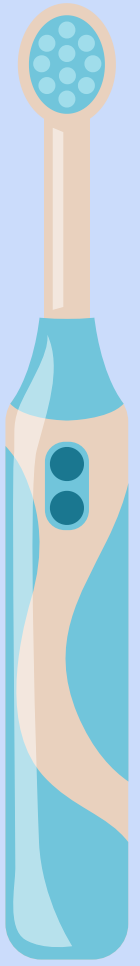


Waterflossers are great to add to your flossing routine. The steady stream of water penetrates the bacteria layer, called biofilm, especially in areas where floss can't reach. The irrigation from a waterflosser also stimulates blood flow to reduce inflammation. They are great for patients with limited dexterity, patients in braces, or patients with dental restorations like crowns, implants, and bridges. Click [here](#) for a video on how to use a Waterpik.

Countertop Waterpik - Most ideal. Has a larger water chamber and the handle is lighter and easier to direct around the gumline.

Cordless Waterpik - Great for travel or using in the shower. It is larger and heavier to hold. Also the water tank needs to be refilled during use to complete the entire mouth.

Electric Toothbrushes



The major difference between the Sonicare and Oral-B electric toothbrushes is the way the brush head moves. The Sonicare vibrates while the Oral-B oscillates. Choosing between the two comes down to personal preference. They both do a great job and both have science to prove efficacy.

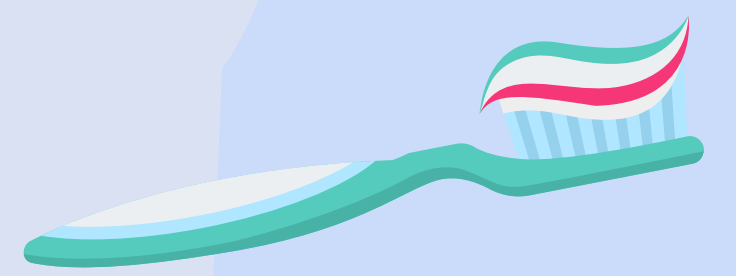
Sonicare 5300 - We have a similar model of this brush available to purchase in our office.

Sonicare Extra Soft Replacement Heads - Change out brushheads every 2-3 months.

Oral B IO

Oral B IO Extra Soft Replacement Heads - Change out brushheads every 2-3 months.

Manual Toothbrushes



Colgate Slim Soft - This is what we have in our office. We like it because it has a slim head with extra soft bristles to sweep below the gumline. This brush needs to be changed out every 2-3 months.

Floss



Texture is better! Glide floss does just that-it glides over the slick bacteria layer called biofilm. We recommend a floss that has a more traditional unwaxed texture to “cut” the biofilm off the tooth. This type of floss is most effective. However, whichever floss you are able to keep in your routine will be beneficial! Click [here](#) for a video that demonstrates the best flossing technique.

POH Floss - This floss is a favorite of Periodontists or “gum specialists” because it cuts through the biofilm layer effectively. It is very thin and easily slides below the gumline.

David's Hydroxyapatite Floss - This floss is shred resistant and has a great texture and flavor. This brand is also very comfortable around your fingers.

Cocolab - This brand previously went by Cocofloss. It has a great texture and comes in lots of fun flavors.

Superfloss - This floss has a threader attached to go under bridge work or orthodontic wires. Its has a fluffy part and a thin part - great for wider or tighter spaces.

Biodegradable Floss Picks - Floss on one end and a toothpick on the other. These are helpful for patients who aren't using traditional string floss.

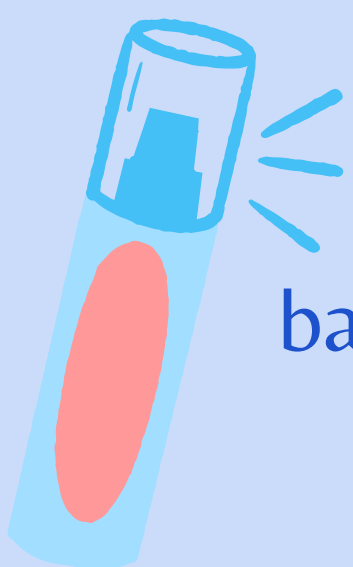
Biodegradable Kid's Floss Picks - These make it easy for kids to try flossing for themselves and for parents to help.

Reach Floss Handle - This flosser is great if you have a hard time reaching your back teeth. Also if gripping small floss picks or traditional floss is challenging.



DRY MOUTH RELIEF - Start by choosing toothpaste without SLS

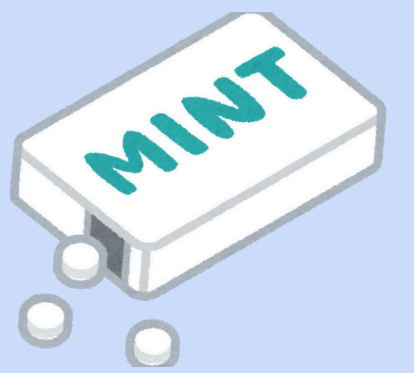
If you struggle with dry mouth, the most important action is to drink plenty of water. Products do not generate more saliva, they only relieve symptoms. The body cannot produce saliva without adequate hydration. Chewing also stimulates saliva. Eating plenty of crunchy fruits and vegetables or chewing xylitol gum can be a great help.



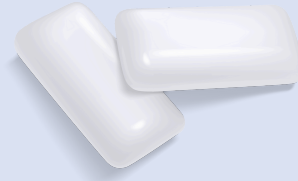
Carifree Spray - Tastes great and makes your mouth feel comfortable. Improves ph levels to help reduce harmful bacteria. This is a great spray to use as a breath spray for anyone.

Closys Spray - Similar ingredients as the Closys rinse. Helps improve pH and reduce harmful bacteria.

Carifree Breath Mints



Xylitol Gum - PUR, Spry, Epic



Ice Chips Xylitol Candy - These come in so many flavors. They are a great replacement for sugary candies, cough drops, or even traditional sugar-free candies. Xylitol inhibits acid formation and can decrease risk of decay.

Stellalife Rinse - This rinse is great for dry mouth because it hydrates and moisturizes using plant derived ingredients.

Spry Dry Mouth Spray - Soothing aloe and xylitol.

Pain Relief/Healing

Stellalife Oral Gel - Great for pain relief and healing for ulcers, fever blisters, dry mouth, or any oral inflammation or irritation.

Tongue Scrapers

Stainless Steel Tongue Scraper
Copper Tongue Scraper



Interdental Cleaners

[Soft Picks Advanced](#) - Angled to access back teeth easier.

[Soft Picks Original](#) - Straight.

[Proxabrush Handle](#)

[Wide Proxabrush Refills](#)

[Moderate Proxabrush Refills](#)

[Tight Proxabrush Refills](#)

[Rubbertip](#) - Rubbertips for cleaner.



Appliance Cleaner



Ultrasonic cleaners are best for daily cleaning of oral appliances. Avoiding chemicals and brushing your appliances will keep the integrity of the material to reduce overgrowth of bacteria. You can also wipe out the nooks and crannies with a Q-tip.

[Zima Ultrasonic Cleaner](#) - This is the most popular at home ultrasonic cleaner. It will clean your appliance with just water. You can also use a cleaner tablet in the ultrasonic cleaner occasionally.

[Lower Priced Ultrasonic Cleaner](#) - There are several lower priced options available, but patients have reported them dying out more often.

[Appliance Cleaner Tablets](#) - Use with or without an ultrasonic cleaner.

Gel for Perio Protect Trays

[Perio Gel X](#)

