

## Post Operative Information: High Risk Caries Assessment – Regular Program

Cavities, gingivitis and periodontal disease are painful, costly, and harmful to your overall health. Luckily, these diseases are largely preventable by simple procedures that are quick and easy to do. We recommend you follow this customized periodontal maintenance program!

### In Office For Next 3 Years

- Periodontal maintenance every 4 months
- Fluoride varnish application every 4 months
- Periodic exam by the doctor every other visit
- 4 caries-checking x-rays per year

### At Home

- First: **Floss**
- Then: **Brush** with light pressure and vibration at 45 degree angle
  - Modify the technique for recession areas: swipe from gums to teeth
- Tooth Paste:** Use **Clinpro 5000** toothpaste twice a day for 2 minutes each time (instead of regular tooth paste). Do not eat, drink, or rinse mouth with water for at least 30 minutes
- Antibacterial mouth wash Chlorhexidine 0.12%:** Rinse with 1 teaspoon, one hour after brushing your teeth with Clinpro toothpaste. Swish for 1 minute and do not eat, drink, or rinse for at least 30 minutes afterward. Use for 7 consecutive days every month for one year.
- Xylitol** gum or mints: two sticks of gum or two mints 4 times a day. You can purchase these products online at [Epicdental.com](http://Epicdental.com)
- Other: \_\_\_\_\_

Your customized oral health program will ensure a cleaner, healthier mouth with fresh breath and a brighter smile!