

Recommendations to Stop Cavities

For children 0-5 years:

Daily Oral Hygiene/Fluoride Treatment (These procedures reduce the bacteria in the mouth and provide a small amount of fluoride to guard against further tooth decay, as well as to repair early decayed areas)

- ❑ Wipe baby's teeth with a small smear of fluoride toothpaste on a soft cloth (for babies)
- ❑ Brush child's teeth with a fluoride toothpaste (small smear or pea-sized amount) twice daily (for a child old enough to have their teeth brushed by parent)
- ❑ Selective flossing of areas with early caries (white patches)

Diet (The most important thing is to reduce the number of between meal sweet snacks that contain carbohydrates, especially sugars. Substitution by snacks rich in protein, such as cheese will also help.)

- ❑ Limit bottle/nursing (to avoid prolonged contact of milk or juices with teeth)
- ❑ Replace juice or sweet liquids in the bottle with water
- ❑ Limit snacking (particularly sweets)
- ❑ Replace high carbohydrate snacks with cheese or protein snacks
- ❑ Eliminate no-spill sippy cups

Xylitol (For parents of infants. Xylitol is a sweetener that the bacteria cannot feed on. It limits the transfer of decay-causing bacteria from parent to baby/toddler. Parents with dental decay place their children at high risk. By parents using xylitol-containing chewing gum or mints/lozenges, it provides a way of reducing the transfer of decay-causing bacteria to their baby. This is most effective when used starting shortly after the child's birth.)

- ❑ Parents of children 3 and under with high bacterial levels should use xylitol mints or xylitol gum 3-4 times daily

Antibacterial rinse (parents/caregivers)

- ❑ Parents/caregivers of children 3 years and under with high bacterial levels should rinse with *Natural Dentist Herbal Mouth Rinse*. Rinse at bedtime with 10 ml for 1 minute once per day for one week. Repeat each month for one week until infection is controlled.

For Children ages 6 and over/Adult

Daily Oral Hygiene (Aimed at reducing the overall bacteria in the mouth, especially at sites likely to decay.)

- ❑ To remove germs, brush daily with fluoride toothpaste and floss daily

Diet (The most important thing is to reduce the number of between meal sweet snacks that contain carbohydrates, especially sugars. Substitution by snacks rich in protein, such as cheese will also help.)

Fluorides (All patients should use a fluoride toothpaste twice daily. Additional fluoride products should be added depending on whether the risk level is medium or high. These fluoride products must be used daily to be effective.)

- ❑ Fluoride rinse (0.05% NaF, *Act* or *Fluorigard*) once or twice a day. Use in addition to toothpaste. Patients at medium risk should rinse in the morning or at last thing at night. For high risk patients use twice a day, once in the morning and once last thing at night. Continue long term with older patients or those who need or want extra protection.
- ❑ Fluoride gel. (For high risk patients, especially those with low saliva flow, or root caries, or active cavities.)

Xylitol containing gum/mints (recommended for high risk patients, especially those with low saliva flow, and/or those who need to reduce in between meal snacking. The gums and mints that contain xylitol also have an antibacterial effect against the decay-causing bacteria.

- ❑ Chew after meals when you can't brush (xylitol gum)
- ❑ Use xylitol mints 3 to 4 times daily

Antibacterial rinse

- ❑ *Natural Dentist Herbal Mouth Rinse*. Rinse with 10 ml at bedtime for 1 minute once a day for one week. Repeat every month until infection is reduced to safe levels. Use fluoride rinse every day during the weeks in between.

For dry mouth (This can cause extra cavities)

- ❑ Baking soda toothpaste with fluoride
- ❑ Rinse frequently with baking soda suspension during the day (fill sports water bottle with water and add two teaspoons of baking soda for each 8 oz. of water.)