

# **Homecare Recommendations**

## **Reduce your risk of caries and gum disease**

### **General Recommendations for All Patients**

Brush teeth twice a day with fluoride toothpaste

Clean between teeth daily

Eat a healthy diet that limits sugary beverages and snacks

See your dentist regularly for prevention and treatment of oral disease

### **We May Also Recommend**

For patients with increased risk of gum disease, consider mouth rinse or toothpaste with proven antimicrobial activity

For patients with increased risk of caries, consider fluoridated mouth rinse

For patients who struggle to clean between their teeth, consider what interdental cleaning tool might be best

For patients seeking or needing improved plaque removal, consider a power toothbrush