



Burkhardt • Pecora • Bloomberg

Orthodontics

### Supplemental Fluoride Options

We love your smile and we would love to assist you with keeping your smile healthy. Poor oral hygiene creates inflammation, which can slow down the movement of your teeth. To prevent decalcification and gingivitis, we recommend one of the two following products be implemented during your orthodontic treatment:

#### Option 1: CariFree Pro Gel 5000

- Purchased at the front desk for \$16/tube.
- Mint flavored
- One step! Most efficient option recommended by your orthodontist. This professional strength gel replaces your toothpaste since it is a combination of toothpaste and fluoride. This product is safe to use for the whole family.

Directions: Use once daily. Apply a thin ribbon of gel to toothbrush and brush thoroughly for at least one minute. For ages 6-17, Rinse mouth thoroughly to prevent swallowing. Do not swallow. Do not drink or eat 30 minutes after using this product.

#### Option 2: ACT Fluoride Rinse

- Purchased over the counter at your local drug store.
- A large variety of flavors available
- Two steps required.

Directions: Use once daily after brushing your teeth. Swish vigorously for one minute and then spit it out. Do not swallow. Do not eat or drink 30 minutes after using this product.