

Home Care Guide

Introduction

Home care refers to regular brushing and flossing. For some individuals, brushing with toothpaste twice a day and flossing once a day is adequate to prevent **cavities, erosion, and gum disease**. For others, additional products such as mouthrinse, chewing gum, or highly fluoridated toothpaste may be essential.

When confronted by all the dental products in the supermarket or pharmacy, it can be confusing as to which products are best and why. The goal here is to provide guidelines for selecting home care products and provide information as to why these recommendations are made.



Has this guide been helpful to you? We'd love to hear from you. Let us know on our facebook page. Link -- www.facebook.com/edgemontdentalcare

Toothbrush

Desired properties of a toothbrush:

- Allows removal of plaque
- Minimally abrasive

Pay attention to pressure:

- Increased pressure results in increased abrasion
- The bristles on your old toothbrush should look just as parallel as on your new toothbrush
- If the bristles look splayed, you are brushing too hard!

Recommended product: Phillips Sonicare powered toothbrush

- More effective cleaning than manual toothbrush
- Less harmful to tooth and gum than manual toothbrush



Toothpaste

Desirable properties of a toothpaste:

- Allows removal of plaque
- Fluoride
- Minimally abrasive (whitening toothpastes are abrasive!)
- No artificial sweeteners (i.e. aspartame)
- No triclosan
 - o Triclosan is added to some toothpastes to combat gingivitis
 - o Triclosan can cause dermatitis and canker sores
 - o Target of a UK cancer alert



Recommended products: Sensodyne Pronamel

- As availability of toothpastes vary in different stores, select one that is least abrasive (see Appendix I), contains fluoride, and does not contain triclosan
- If sensitive, use a desensitizing toothpaste with the above properties
- Non-fluoride alternatives: MI Paste

Floss

Desired properties of floss:

- Allows removal of plaque between teeth
- Slides between these easily

Recommended product: Reach Waxed Floss, Oral-B Glide Floss

- Both types of floss slide easily between teeth



Mouthrinse

Several types of mouthrinse are available with different purposes:

- Prevention of gum disease/bad breath
- Prevention of cavities, i.e. contains fluoride

Desirable properties of a mouthrinse:

- Reduces plaque accumulation
- Long lasting, fresh breath
- Non-acidic (pH >7) (acidity can cause erosion of teeth)
- Non-alcohol (alcohol has carcinogenic effects to soft tissues)

Recommended product: SmartMouth

- Non-acidic (pH = 7.11)
- Does not contain alcohol
- SEE APPENDIX II: Mouthrinse pH Values



High Caries-risk Patients

Caries risk varies amongst the population. Factors that can increase caries risk include presence of caries-causing bacteria, carbohydrate rich diet, poor oral hygiene, and dry mouth. For these individuals additional products such as mouthrinse, chewing gum, or highly fluoridated toothpaste may be essential.



Xylitol Gum

- Xylitol is a natural sugar that cannot be metabolized by bacteria in the mouth
- Studies have shown Xylitol:
 - o Reduces decay
 - o Reverses cavities that are starting
 - o Reduces accumulation of plaque on tooth surfaces
 - o Inhibits the growth of cavity-causing bacteria
- All chewing gum stimulates the flow of saliva which enhances the buffering effect
- **Recommended product:** Spry Xylitol Gum (Whole Foods)

High Fluoride Toothpaste:

- High fluoride helps remineralize teeth
- **Recommended products:**
 - o Fluoridex Daily Defense (available in office only)
 - o Colgate Prevident (available in stores)

Erosion Management

Erosion refers to the chemical destruction of teeth caused by exposure to acid:

- Acidic foods and beverages
- Stomach acid (e.g. reflux, vomiting)

Prevention:

- Reduce exposure of teeth to acidic foods and beverages
- Consider using modified acid beverages (e.g. fortified orange juice)
- Seek medical attention, if reflux or vomiting

Recommendations following exposure of teeth to acid:

- Avoid toothbrushing immediately after exposure of teeth to acid (e.g. vomiting, acidic diet)
 - o This can damage the softened enamel!
- Instead, use a fluoride mouthrinse, antacid, baking soda solution, dairy products, or at the very least, water

APPENDIX I: Toothpaste Abrasiveness Index

Guide

- Low abrasive = 0-70
- Medium abrasive = 70-100
- Highly abrasive = 100-150
- Harmful = 150-200

Index

Plain Baking Soda	7	Aquafresh Sensitive	91
Arm & Hammer Tooth Powder	8	Tom's of Maine Regular	93
Carifree CTx4 Gel 1100/5000	30	Rembrant Plus	94
Carifree CTx3 Gel	30	Crest Regular	95
Pronamel	34	Colgate Enamel Care Natural Whitening	100
Arm & Hammer Dental Care	35	Natural White	101
Arm & Hammer Advance White B/S	42	Mentadent	103
Squiggle Enamel Saver	44	Arm & Hammer Sensation	103
Oxyfresh	45	Sensodyne Extra Whitening	104
Arm & Hammer Dental Care Sensitive	48	Colgate Platinum	106
Arm & Hammer Peroxicare Tarter Control	49	Arm & Hammer Advanced White Paste	106
Tom's of Maine Sensitive	49	Crest Sensitivity Protection	107
Crest with Scope	51	Colgate Tartar Control with Baking Soda	109
Arm & Hammer Peroxicare Regular	52	Colgate Herbal	110
Rembrant Original	53	Amway Glister	113
CloSYS II	53	Aquafresh Whitening	113
Arm & Hammer Dental Care PM Bold Mint	54	Arm & Hammer Advanced White Gel	117
Tom's of Maine Children's Wintermint	57	Arm & Hammer Sensitive Tartar Control	117
Biotene Gel	60	Close-Up with Baking Soda	120
Supersmile	62	Crest Extra Whitening with Tartar Protection	120
Rembrant Mint	63	Colgate Whitening	124
Colgate Enamel Care Advanced Whitening	63	Crest Maximum Sensitivity	126
Colgate Regular	68	Crest Extra Whitening	130
Crest with Scope Whitening	68	Ultra Brite	133
Colgate Total	70	Crest Multicare Fresh Mint	139
Arm & Hammer Advance White Sensitive	70	Crest Multicare Whitening	144
Colgate 2-in-1 Fresh Mint	70	Ultra Brite Advanced Whitening Formula	145
Crest Rejuvenating Effects Liquid Gel	74	Pepsodent	150
Colgate Prevident 5000 Booster	75	Crest Rejuvenating Effects	155
Sensodyne	79	Crest Pro-Health Formulas	160-190
AIM	80	Colgate Tartar Control	165
Biotene Paste with Fluoride	80	Arm & Hammer Dental Care Fresh Mint	168
Close-Up	80	Colgate Luminous	175
Colgate Maximum Strength	83	Colgate 2-in-1 Tartar Control/Whitening	200

APPENDIX II: Mouthrinse pH Values

Guide:

- Acidic: pH <7 (bad)
- Neutral: pH = 7
- Basic pH >7 (good)

CTx4 Treatment Rinse	10.4
CTx3 Maintenance Rinse	8.3
Therabreath Oral Rinse	8.2
ACT Anti-cavity Fluoride Rinse	7.95
Cepacol Mouthrinse (*can stain teeth)	7.79
PerioSciences AO ProRinse	7.75
OraCure	7.55
SB12	7.20
Oxyfresh Mouthrinse	7.17
SmartMouth	7.17
CloSYS Rinse	7.10
Biotene Dry Mouth Oral Rinse	7.09
Colgate Optic White	6.95
CloSYS Alcohol-free Oral Rinse	6.85
Oasis Moisturizing Mouthwash for Dry Mouth	6.49
Colgate Total Advance	6.31
Breath Rx Anti-Bacterial Mouth Rinse	6.21
ProFresh Chlorine Dioxide Oral Rinse	6.15
Smile Guard Orthodontic Brace Relief Rinse with Fluoride	6.10
Listerine Zero Mouthwash	6.02
Listerine Whitening Vibrant White Pre-Brush Rinse	5.66
ACT Restoring Mouthwash with Fluoride	5.56
Scope	5.55
Peridex (chlorhexidine)	5.48
Listerine Total Care Mouthwash	5.44
Crest 3D White Multi-Care Whitening Rinse	5.40
Crest Pro-Health Clinical Deep Clean	5.18
Chlorhexidine (alcohol-free)	5.10
Listerine Antiseptic Mouthwash (original)	4.88
Breath Rx Antibacterial Rinse	4.74
Oral-B Anticavity Rinse	4.72
Biotene Mouthwash	4.64
Oral-B Antibacterial Rinse	4.62
Breath Rx Antibacterial Mouth Spray	4.53
Healthy White Bleach Agent	4.50
Crest Pro-Health	4.27
Peroxyl Antiseptic Oral Cleanser	3.90
Tom's of Maine Wicked Fresh Mouthwash	3.89