



HELENA FAMILY DENTISTRY

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Cavities are preventable!

- _____ **Brush** your teeth at least twice per day with fluoride toothpaste. After spitting, do not rinse (even with water), so that the fluoride stays on the teeth for as long as possible
- _____ **Floss** at least once per day. This helps clean the plaque and food between the teeth.
- _____ **Fluoride rinse**, such as ACT 0.05% sodium fluoride once a day after brushing before bed
- _____ **Modifying diet**, which can mean limiting sugar and acid in the diet, using a straw with pop/acidic drinks and rinsing with water afterwards, eating more spinach, soy, seafood, nuts (sunflower seeds are great), yogurt, and cheese
- _____ **Xylitol**, which is a natural sugar that helps prevent cavities. It can be bought in the form of gum, mints, sugar, or candy. A small amount (~2g in 12oz) can be added to a water bottle and drunk throughout the day. It can be bought at the Real Food Market in Helena, on www.amazon.com , www.nuvorain.com, www.drjohns.com, or many other locations
- _____ **Baking soda rinses**, add warm water to baking soda in a cup and stir to dissolve and saturate the water. Sip the saturated water off the top and rinse with it for 30 seconds, then spit. Continue rinses twice per day.
- _____ **BasicBites candy**, which protect the teeth and are very similar in taste to Tootsie Rolls. Eat two per day. Available at www.basicbites.com
- _____ **Prescription fluoride toothpaste**, which is available at our office
- _____ **Fluoride varnish**, which is available at our office
- _____ **Fluoride trays**, which are custom trays with fluoride that protect your teeth at night