



CAPITOLA DENTAL  
GENERAL AND COSMETIC DENTISTRY

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## Work on Nutrition and Oral Hygiene Habits

**Nutrition-** eat more fruit for sugar cravings or xylitol or agave for natural sugar alternatives

**Oral hygiene-** Electric toothbrush 'Sonicare'

-continue to use bridge threaders to floss

-soft picks

### Oral Hygiene Instruction

1. Soft Picks
2. Floss using bridge threaders
3. Brush with Sonicare or Oral-B power brush for 2 full minutes

Do steps 1-3 three times a day and/ or after every meal

If you snack; soft picks and water afterwards to rinse

Use 1.1% fluoride toothpaste during your evening brushing routine

\*See Tooth Paste Instruction page.