



How to instructions

The use of Prescription Fluoride 5000 ppm toothpaste

Specialised toothpaste containing a higher dose of fluoride can be very beneficial for patients with an increased risk of decay. They are required to be labelled for the user and come with some additional precautions. Please use high fluoride toothpaste according to instructions and manufacturer's directions.

1. Prescription toothpaste needs to be labelled with the individuals name and stored correctly – follow the same instructions for brushing as you would for normal toothpaste, ensuring to only use a pea-sized amount.
2. Apply a pea-sized toothpaste on to the brush head. If using an electric brush, place it inside the mouth before starting it.
3. When brushing areas other than the biting surfaces remember to angle the brush at 45 degrees to the gum line to ensure the bristles can access this area. This is critical as so much of the plaque that contributes to gum disease is found here. Brushing systematically yields the best results.
4. Start on the lip/cheek-side of the teeth from upper right corner and work your way all the way to the top left side.
5. Circle back by brushing the roof of the mouth side from the top left all the way back to the top right.
6. Finally, cover the top surfaces of the teeth. Then move over to the lower jaw and begin the process from the lower right side of the mouth starting on the tooth surfaces facing the cheek. Move the brush slowly all the way towards the lower left side and then circle back by brushing the tooth surfaces facing the tongue side from the lower left all the way back to the lower right. Finish off by brushing the top surfaces of the lower teeth. Being systematic ensures that all the tooth surfaces are brushed efficiently and adequately. A rotating-oscillating electric brush achieves the best outcome.

7. Spit out excess toothpaste, but ideally don't rinse