



How to instructions

The use of Prescription Fluoride 5000 ppm toothpaste

This article explains how to use prescription toothpaste with high fluoride (5000 ppm).

- This toothpaste has more fluoride than normal toothpaste. It helps people with a high risk of tooth decay.
- It must have the person's name on the label. Store it safely.
- Follow the instructions from the dentist and on the pack.
- Use only a **pea-sized** amount.
- If using an electric brush, put it in the mouth before turning it on.

Brushing steps

1. Hold the brush at an angle, pointing at where the teeth meet the gums. A lot of plaque (germs) sits here.
2. **Top teeth, outside:** start at the back on the right. Move slowly to the back on the left.
3. **Top teeth, inside** (roof of mouth side): go from the back left to the back right.
4. **Top teeth, chewing surfaces.**
5. **Bottom teeth, outside:** start at the back on the right. Move slowly to the back on the left.
6. **Bottom teeth, inside** (tongue side): go from the back left to the back right.
7. **Bottom teeth, chewing surfaces.**
8. Spit out extra toothpaste. Try **not** to rinse. This leaves fluoride on the teeth.

An electric brush that spins in circles cleans best.