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### **Recommendations for Home Use of Topical Fluoride**

It has been recommended you use a topical fluoride at home. Fluoride acts to aid in a re-mineralization process that can effectively slow, prevent or, in some cases, actually reverse the decay process.

We most commonly prescribe a neutral sodium fluoride. This formulation absorbs most readily especially if salivary flow is low.

To use, apply a thin ribbon of fluoride gel to a dry toothbrush without water. Brush thoroughly once daily for 2 minutes, preferably at bedtime. For best results, do not eat, drink or rinse for 30 minutes. This product can effectively take the place of regular toothpaste. Keep this product out of the reach of children. Do not swallow. Refills for this prescription will generally be given for one year. Please call our office and we will refill as needed.

Dental decay, especially root caries, thrives in the presence of sugar. Avoid hard candies or mints and sugared beverages to further prevent decay.