

Step-by-Step

We recommend a Fluoride toothpaste, ProDenRx used along with a calcium containing paste, GC MI Paste Plus. These are obtained thru our office (we charge you the same price we pay without markup). The Fluoride prepares the enamel surface for remineralization and the MI Paste provides the calcium to strengthen and remineralize the enamel.

1. Use soft bristled toothbrush.
2. Place a “pea sized” amount of ProDenRx Fluoride on brush and an equal amount of the MI Paste on the brush at the same time.
3. Brush carefully, yet thoroughly.
4. Swish the solution around in your mouth for one min.
5. Spit, but **DO NOT RINSE MOUTH WITH WATER.**
We want the residue to remain on the teeth, especially at bedtime.

*For questions, please call us at 770.934.2339
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