



VIVIAN BROADWAY | dds

Family Dental Care  
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## Dental Facts

## RECOMMENDATIONS TO MINIMIZE TOOTH DECAY

### Daily Oral Hygiene

- Brush twice per day for two minutes, preferably with an electric toothbrush
- Clean in between your teeth daily with floss

### Fluoride Treatment

- Brush daily with fluoride treatment recommended by Dr. Broadway

### Diet

- The most important thing is to reduce the number of between-meal sweet snacks that contain carbohydrates, especially sugars. Substitution by snacks rich in protein, such as cheese, will also help.
- Also avoid sugar containing drinks and those with citric acid (examples: KMX Energy Drink, Snapple Lemonade, Red Bull, Gatorade (lemon lime), Powerade, Amp Energy Drink, Nantucket Nectars, Propel Fitness water, Fanta Orange, Nestea sweetened lemon ice tea, Arizona Ice Tea, Coke, etc)

### Xylitol

- Xylitol is a sweetener that the bacteria cannot feed on. Using xylitol-containing chewing gum or mints/lozenges is a way that you can reduce the presence of decay-causing bacteria. For more information visit : [xylitol.org](http://xylitol.org) or [xylitolworks.com](http://xylitolworks.com)
- Chew xylitol containing gum for 5 minutes after each meal

### Antibacterial rinse | Chlorhexidine gluconate 0.12%( Peridex by prescription only)

- Rinse with 10 ml at bedtime for 1 minute 1x/day for one week per month

### Professional Care

- Maintain regular visits with Dr. Broadway to clean your teeth and apply professional strength fluoride treatment.