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Dental Home Care Instruction's for Patients Undergoing Chemotherapy and/or Radiation

Morning:

- Floss and rinse mouth with water to remove plaque and loose particles.
- Brush teeth with Prevident toothpaste and rinse with water.
- Rinse mouth with Closys mouthwash for 1 minute and spit out without rinsing with water. [The Closys has antibacterial properties that keep it in contact with the tissues of the mouth for 8-12 hours, so it's best to eat first, then clean your mouth for the morning.]

Evening:

- Floss and rinse mouth with water to remove plaque and loose particles.
- Brush teeth with Prevident toothpaste and rinse with water.
- Dip the small proxy brush in the Prevident toothpaste and use in between all the teeth where the brush will fit. The Prevident toothpaste can be applied with a dry toothbrush as well, but the little brush can get it in between the teeth very well. Do not rinse with water for at least 30 minutes. Place the nightguard for the evening.

*****In case of vomiting, rinse mouth with water to clean debris and then rinse with Closys. Now is not the time to use a toothbrush as the teeth will be in a more acid environment and thus, more susceptible to erosion. The Closys rinse will keep the bacteria to a minimum and freshen your mouth.*

Proxybrushes: Can be found on in most drugstores or on Amazon. You can use Piksters Size 1 Small or any similar product

Sonicare toothbrush: Can be found at Bed, Bath & Beyond with 20% coupon, Costco, Amazon, etc.

