



MARIANNE MORELLI, D.M.D.

BROOKFIELD FAMILY DENTISTRY, LLC

Home Care Instructions

1. Floss

Remove germs from between your teeth (AM and PM)

Utilizing Traditional Floss and/or Interproximal Brushes

2. Rinse

Kill the rest of the germs (AM and/or PM for 30 seconds)

General Cleaning Patients: Recommended to use Closys Mouth Rinse everyday

Periodontal Patients:

For Periodontal Patients undergoing Maintenance Cleanings only:

Utilize the rinse found below twice a week (traditionally or via WaterPik) in addition to the Closys Mouth Rinse

For Periodontal Patients in active surgical treatment:

Utilize the rinse found below daily (traditionally or via WaterPik)

Diluted Bleach Rinse: ¼ TSP of unscented bleach in ¼ CUP of water

Diluted Baking Soda Rinse: 1 TBSP of Baking Soda diluted in 6 OZ of water

** To add flavor to the rinses you may add McCormick's Peppermint Extract

3. Toothpaste

Brush your teeth and tongue (AM and PM for 2 mins each)

Closys Sensitive Toothpaste is recommended for patients with Gum Disease and/or those that are prone to cavities

4. Fluoride

Protect and strengthen your teeth (AM and/or PM for 2 minutes)

[Act or Prevident] ** NO eating/drinking/rinsing for 30 mins **

