

Instructions for Prescription Fluoride Toothpaste

After flossing, use a pea-sized amount to brush with at bedtime for at least 2 minutes ensuring that all surfaces of all teeth are plaque free.

Once finished brushing - spit, do not rinse, drink or eat anything prior to going to bed. This allows the fluoride to sit on the teeth longer and strengthen the teeth as you sleep.

Notes:

Your dentist has prescribed this toothpaste because it can assist in stopping or slowing the progression of small cavities and prevent future cavities if used with proper oral hygiene and dietary habits (i.e. removing soda, candy, etc...from your diet)

This product can also be used to treat sensitive teeth with the same directions as above.

This product is not for children under the age of 14. Using this product on young children can cause developmental problems with permanent teeth.