

## **ACT FLUORIDE & SENSODYNE INSTRUCTIONS**

### **ACT FLUORIDE USE**

Fluoride has been clinically proven to reduce cavities. Dr. Tatsuta advises using a fluoride rinse (such as Act) twice daily to help strengthen teeth and reduce the incidence of caries. Fluoride prevents the colonization of bacteria on the tooth structure. Bacteria do not readily attach to the tooth surfaces coated with fluoride vs. without fluoride.

Dr. Tatsuta advises using the fluoride rinse two times per day. Swish with the fluoride rinse in your mouth after brushing and flossing for one minute. Spit out the fluoride solution and refrain from eating, drinking or rinsing for one hour after using the fluoride. Allow the fluoride to remain on the tooth structure to aid in the remineralization of tooth structure.

### **SENSODYNE USE**

Sensodyne toothpaste is specially formulated to reduce root sensitivity. Dr. Tatsuta's patients have received the best desensitization results by brushing with Sensodyne toothpaste for 1 minute in the affected area followed by a 1 minute fluoride rinse swish. The Sensodyne and fluoride rinse combination should be used three times per day for a minimum of 2 months for maximum effectiveness.

Please note the the Sensodyne in the pink box is an older formulation. Use of any of the other formulations was advised by the Sensodyne representative.

Pronamel is a Sensodyne product that has been reported to remineralize the tooth structure with calcium instead of fluoride.