

Home Care Routine for Optimal Tooth, Gum and Overall Oral Health (Suggested Sequence On Last Page)

1. Nourish and Strengthen Teeth From The Outside In:

a. **Remineralization:** Start by using toothpastes like Risewell or Boka, along with Spry rinse for daily use. These toothpastes contain hydroxyapatite, a key component of teeth, and Spry rinse helps raise pH (less acidic) and reduce cavity-causing bacteria while stimulating saliva flow for natural remineralization. David's floss has nano-hydroxyapatite to help the in-between surfaces.



b. **Enhanced Remineralization At Night:** Use BioRepair Nighttime Advanced and Dentite toothpaste alternately every other night before bed for enhanced remineralization. These products can be found in the "Toothpaste" section.



2. **Nourish and Strengthen Teeth From The Inside Out:** Support the odontoblasts in the dental pulp from the inside out by ensuring proper nutrition and supplementing with Vitamin K2. Odontoblasts build and reinforce dentin. Explore the Total Vitamin K2 supplement available in the "Supplements" tab for comprehensive dental health support. Eat a healthy diet and minimize sugars and refined carbohydrates.



3. **Utilize Low Level Laser Therapy for Symptomatic Teeth and/or Sore Muscles and/or Joints:** Visit the "Low Level Laser" tab and learn about low-level laser therapy, which aids in reducing inflammation and stimulating reparative cells – odontoblasts – in the pulp of sensitive/symptomatic teeth. Very helpful to use before teeth are restored. Use the curved tip of the laser device on the affected tooth/teeth for two minutes, twice daily. Remove the curved tip and use the wide beam for joints and/or muscles.



4. **Oil Pull With Ozonated Oil:** Use PurO3 ozonated oil (in the “Mouth Rinses” tab) for additional bacterial control to keep the gums healthy and inflammation-free. Soothes sore gums. Helps prevent tartar formation. As ozone is a natural anti-bacterial it also helps control cavity causing bacteria on root surfaces. If you are managing root surface cavities, brush it into those surfaces after swishing. The ProDentim oral probiotics (in the “Supplements” tab) replenish the favorable bacteria.



The above optimal self-care protocol puts you in control of your oral health. The goal is to eliminate the need for invasive dental procedures. If procedures are needed, the teeth and gums will be optimally healthy and “fortified” which will lower risk and improve the prognosis of procedures that may be needed.

The above is not a substitute for daily plaque/biofilm removal with brushing, flossing etc. but an adjunct to make it more effective.

General daily oral care sequence (note that all products and devices are available on www.HolisticDentalLearning.com) :

1. Rinse first with Spry Mouth Rinse to get rid of loose debris, food etc.
2. If you have gum recession, gumline cavities, and a lot of open spaces in between use a water pick with Spry rinse added
3. If you have deeper periodontal pockets, consider the Oratec Pocket Care Irrigator.
4. Brush quickly with a manual brush just to get the toothpaste everywhere. See the “Toothpaste” tab to get the toothpaste that is best for you and your needs. My go-to toothpastes are Risewell and Boka.
5. While the toothpaste is on your teeth, floss, use the ProxaBrush, SoftPick and/or SulcaBrush to get the toothpaste in all the hard to reach in-between areas.
6. Then brush more thoroughly with more toothpaste with a manual brush or Sonicare. That should remove any more plaque/debris that the other steps may have loosened while coating your teeth with the toothpaste.
7. Brush your tongue
8. Spit it out but don't rinse – that will rinse away the benefits of the toothpaste,
9. For added protection at night, use BioRepair Nighttime Advanced and Dentite before bed – alternate using them every other night.
10. Other recommendations for additional help with cavities and/or gum inflammation:
 - a. Vitamin K2 supplements to help strengthen and protect from the inside out.
 - b. Oil pulling (swishing) with PurO3 ozonated oil – excellent for gum health
 - c. ProDentim oral probiotics to replenish the good bacteria.