

Steps To Do At Home To Get Your Teeth Ready For Restoring Cavities - Especially Deep Cavities

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:** Consider incorporating 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:** 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 even more getting them “revved up” to heal and repair after the restoration. Use the curved tip of the laser device on the affected tooth/teeth for two minutes, twice daily, before and after treatment.



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. This is an important requirement when restoring teeth, as bleeding can contaminate the site. The ProDentim oral probiotics (in the “Supplements” tab) replenish the favorable bacteria.



Combine for Optimal Results: Incorporate all four methods—additional toothpaste options, Vitamin K2 supplementation, low-level laser therapy, and oil pulling—for 3-4 weeks before undergoing tooth restoration. Continue afterwards for the ongoing health of all teeth. Continue the low-level laser if there is some discomfort afterwards. This holistic approach prepares the teeth internally and externally and enhances the success and longevity of dental treatments.

The above is not a substitute for the routine protocol of brushing, flossing etc but an adjunct to it.