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Oral Hygiene Instructions (Teenagers)

5 Minute Commitment

- AM - Brush for 1 minute
- PM – Floss (approx. 1 minute)
 - Brush for 2 minutes
 - Fluoride rinse for 1 minute

Recommendations:

- Toothbrush: Oral-B electric or similar or soft handbrush
- Fluoride Rinse or Gel which contains no alcohol (ACT; Fluorigard)
- Fluoride-containing toothpaste (ADA approved)
- Floss: Patient preference, but consider Glide if floss tends to shred.
- Gum: Chew gum containing Xylitol as the principal sweetener.
- Sealants: A bonded coating that protects the biting, grooved surface of the permanent molars against decay.