



Helping Hands

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Clinpro 5000 and Prevident 5000

A prescription fluoride toothpaste, such as Clinpro or Prevident, may be prescribed if patients are at an increased risk of developing cavities (tooth decay). Clinpro and Prevident deliver more than four times the amount of fluoride than regular toothpaste which helps remineralize and strengthen teeth. If you are prescribed a prescription fluoride toothpaste, here are a few steps to follow for best results.

DO

- ❖ Use twice daily in place of your regular toothpaste, unless instructed otherwise by your dental professional
- ❖ Only use a pea sized amount
- ❖ Brush with the toothpaste for 2 minutes then spit out as much as possible
- ❖ Best used before bedtime
- ❖ Keep out of reach of young children

DON'T

- ❖ Swallow the toothpaste
- ❖ Rinse with water or mouthwash or eat or drink for at least 30 minutes after use