



ORAL HYGIENE INSTRUCTIONS

1. Use Arm and Hammer Baking Soda Toothpaste twice a day.
2. Use electric toothbrush – Sonicare Toothbrush is recommended.
3. Floss twice a day before brushing.
4. Use Antioxidant Gel – twice a day for two weeks. Once a day at night after second week.
5. Use Antioxidant Rinse once or twice a day, not with gel.

ANTIOXIDANT GEL INSTRUCTIONS

1. Take pea sized gel on your finger and apply it over the gums inside and outside.
2. For the first two weeks, use it twice a day after brushing morning and night.
3. From third week onward, use it once at night after brushing and flossing. Apply it over the gums, spit out the excess, and do not drink or rinse with water for the next 30 minutes.

If you have any questions or concerns, please feel free to call the office at 508-832-3205.