

Recommended Products

Contained herein is a partial list of products I either use or believe in. This is not a complete list so a product you are using may be just fine. I have no specific stake in any of the companies or products I endorse. I cannot guarantee these products efficacy for each of you. The views expressed are mine only and are not necessarily scientific.

Toothbrushes

Soft toothbrushes only. Any of the major brands of nylon are fine. Oral B, Crest, and Colgate are the ones we purchase to give you. Electric toothbrushes are great also. They are not mandatory but I do believe they help some people more than manual brushes. You still must floss. I use the Sonic Care and have for the last 4 years. The Braun is enjoyed by many of my patients.

Floss

Patients seem to like Glide and Colgate Precision most. These are very smooth strong flosses and are not likely to shred between teeth. I have an unproven theory that they may be too smooth to effectively clean the teeth well, but it would still benefit the gums. I use Johnson and Johnson waxed on myself and to help place crowns. Tape is much thicker and some patients like it better. The type you use is almost meaningless; just use it every night after brushing.

Mouthwashes

These don't really help much in my experience. Stay away from mouthwash that contains alcohol. Many contain a great deal of alcohol.

Fluoride Mouthwashes

These can help a lot. These help decrease the incidence of decay in between teeth. You must floss to get the full benefit of this material. For our most severe decaying patients I will prescribe a prescription strength rinse **and toothpaste**. For all else, any of the over the counter products are fine including ACT and Fluorigard. Careful with small kids, be sure they spit and don't swallow any of this. Wait until at least eight years old.

Toothpaste

I prefer the regular crest products. Colgate products seem to be a bit more irritating, but not for everyone. Many patients have sensitivity. I like **Pronamel by Sensodyne** best for those people, but be patient it can take 3-4 weeks for it to work. You must continue using it if you want it to help. The bleaching toothpastes, the tartar control toothpastes and the baking soda toothpastes seem to cause the most sensitivity.

Recommended Products

Dental Picks

Don't put anything metal in your mouth, as you will cause irreversible damage.

Stimudents

These are big toothpicks. Careful not to stab your gums. They can be helpful but they do not replace flossing.

Osteoporosis and Bone Density Medicines

There have been many incidences of Osteo Necrosis of the jaw (ONJ) related to certain bone density medications. The IV medications seem to cause it most frequently but it can occur from oral medications too. Prior to going on any of these medications you should have a thorough dental evaluation to address any items that may be a problem in the near future. Most complications seem to occur after the patient has been on the medication for at least three years. After the three years going off the medication does significantly lessen the risk from dental surgery.