



“Changing the World, One Smile at a Time...”

FLUORIDE RINSES

To assist in maintaining minimal inflammation and decalcification, it is recommended that you use fluoride rinses daily after brushing.

Purchase a fluoride rinse such as ACT, Phos-Flur, or Flur-A-Gard. They are relatively inexpensive and available Rite-Aid, Safeway, Costco, Wal-Mart and other pharmacies.

After brushing, swish with $\frac{1}{2}$ to 1 capful for 60 seconds. Spit out the remainder and do not rinse. We want the residual fluoride to continue to work. This should be done 2 times daily at morning and night to help minimize inflammation, decalcification and decay.

Dr. Scott Newhart
Newhart Orthodontics

WWW.NEWHARTORTHODONTICS.COM

1-310-393-9398