



Your Teeth Can Last A Lifetime™



New**Enamel**

High Risk (Alternate) Instructions

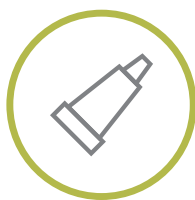
Your NewEnamel assessment indicates you have significant risk of developing a cavity in the next year, or may already have active decay. The following recommendations should help you lower your risk factors, elevate your protective factors, and restore a healthy balance. Treatment times vary from 3-36 months, depending on the number and severity of risk factors, and your ability to follow the recommendations. Most patients see positive effects in 12 months or less. For best results, please follow these instructions.*

[NewEnamel.com](https://www.NewEnamel.com)



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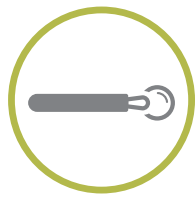
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Before Brushing:

If you use dental floss, toothpicks, interdental brushes, a Waterpik®, or other device to clean between your teeth, do this **before** you brush your teeth. If you are thirsty, drink water now. If you are about to take a medication, take it before brushing.

Brushing:

Brush **twice** a day with your NewEnamel prescribed **Colgate® PreviDent® Booster Plus Fluoride Toothpaste** carefully for 2 minutes. Brushing only once a day increases the risk of tooth decay. Brush in the morning at least 30 minutes before breakfast, and at bedtime at least 1 hour after eating. Brushing right after meals is less effective, and may increase dental wear and sensitivity. Spit out all of the toothpaste, and do not rinse with anything (including water) after brushing. You may splash water to remove toothpaste from your lips, but avoid rinsing your mouth for 30 minutes after brushing. This will maximize the remineralization process.

Food and Beverages:

For better health in general, avoid sweetened drinks. For better dental health, try to limit between-meal carbohydrates (sugars and starches). Cheese, nuts, and vegetables are great snacks that do not promote tooth decay. Have your carbohydrates at breakfast, lunch, and dinner, not all day long. Sugar is easily converted to acids in the mouth, and acids cause demineralization of the teeth. **The key is to reduce the number of times you eat or drink sugar or refined starches.**

After Meals:

After eating, chew 2 tabs of xylitol gum, or use xylitol mints. Try to use xylitol gum or mints 4 times a day. Your NewEnamel kit has xylitol gum samples. When purchasing gum or mints, be sure xylitol is listed as the first ingredient. Keep xylitol away from pets. You may elect to rinse your mouth with water after eating.

PreviDent® Rinse:

Use this prescription fluoride rinse to inhibit demineralization, and promote remineralization. Rinse with 10mL (1/2 capful) of **PreviDent® Rinse** for 1 minute, once a day, for 7 days. Repeat the use of this fluoride rinse for 1 week each month until the bottle is empty. Use this rinse between brushings, or 30 minutes after brushing. Do not add water to PreviDent® rinse, or use at the same time with any other oral rinses. Avoid food or drink for 30 minutes before or after using PreviDent® Oral Rinse. Do not swallow. For more information, see the manufacture's label and **NewEnamel FAQs**.

Fluoride Rinse:

Use a cavity fighting fluoride rinse once or twice a day between brushings. Your NewEnamel kit contains a sample of **ACT Rinse®**, a good example of a widely available, non-prescription fluoride rinse. Do not use a fluoride rinse at the same time as you brush your teeth. Do not use a fluoride rinse the same week as your PreviDent® Rinse. Avoid food or drink for 30 minutes after using a fluoride rinse.

PreviDent® Varnish:

Apply a single **PreviDent® Varnish** at the start of the treatment, then apply a second varnish 2 months later, and the third varnish 2 months after the second varnish. See the **NewEnamel Varnish Instructions** for details.

Dental Care:

Continue to see a dentist every 4-6 months, or as directed.

**The NewEnamel instructions may differ from the instructions printed on the product labels. Please follow these NewEnamel instructions.*