



Your Teeth Can Last A Lifetime™



New**Enamel**

Low Risk Instructions

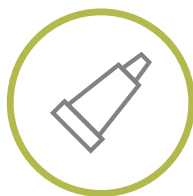
Congratulations! You are at low risk for tooth decay. The power of the NewEnamel system is the combination of specific instructions and appropriate products. NewEnamel is designed to maximize dental remineralization. For best results, please follow these instructions.*

NewEnamel.com



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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 recommended **Crest® Pro-Health™ Advanced 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.

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.

Fluoride Varnish:

Apply your **PreviDent® Varnish** at the start of treatment. See the **NewEnamel Varnish Instructions** for details.

Dental Care:

Continue to see a dentist at least once a year, or as directed.

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