

A photograph of two women laughing joyfully outdoors. The woman on the left is a Black woman with her hair in braids, wearing a red top and a necklace. The woman on the right is a white woman with short grey hair, wearing a blue top. They are both smiling broadly, showing their teeth. The background is a soft-focus green landscape.

Your Teeth Can Last A Lifetime™



New**Enamel**

### Extreme Risk (Milk Allergy) Instructions

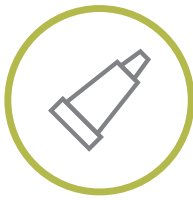
Your NewEnamel assessment indicates you are at extreme risk of developing a cavity in the next year, and may already have active decay. Importantly, you have indicated you may have reduced protection from your saliva. Saliva is your most important protective factor. Your dentist should evaluate the flow and function of your saliva. 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**



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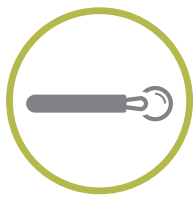
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### Before Brushing:

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® Dry Mouth 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 & 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:

Acid-neutralizing rinses are recommended to compensate for any reduced saliva protection. After meals, or when your mouth feels dry, rinse with baking soda and water. (2 teaspoons of baking soda dissolved in 12 ounces of water) Rinse and swish for 1 minute, then spit. If this baking soda rinse is not available, at least rinse with water.

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.

### PerioGard® Oral Rinse:

Use this prescription antibacterial rinse to lower the levels of acid-producing oral bacteria. Rinse with 10mL (1/2 capful) of **PerioGard® Oral Rinse** for 1 minute, once a day, for 7 days. Repeat the use of this germ fighting 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 PerioGard® Rinse, or use at the same time with any other oral rinses. Avoid food or drink for 30 minutes before or after using PerioGard® Oral Rinse. Do not use this rinse if you are allergic to chlorhexidine. 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® Dry Mouth**, 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 at the same time as your **PerioGard® 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 3 months, or as directed.

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