

Dear Patient,

It is my impression that you are at high risk for tooth decay due to your history of cavities and the cavities which exist on some of your teeth now. Should you wish to move towards a safer situation you should consider following these suggestions:

- Review your dietary habits and reduce the number of between meal sweet snacks that contain carbohydrates, especially containing sugar. Try substituting snacks with high protein such as cheese.
- Complete necessary dental work in a conservative fashion to eliminate existing cavities.
- Brush twice daily with X-Pur Cario toothpaste to reduce cavity causing bacteria. This can be used in place of your regular toothpaste. After 3 months, switch to Remin Toothpaste and use on a regular basis.
- Rinse for one minute, once a day with a special antibacterial mouth rinse called X-Pur Optimise 0.2% to change the bacterial content in the mouth. After 1 month, switch to once per week.
- Suck Xylitol candies or chew Xylitol gum six times a day. (Optional)
- Use a baking soda rinse six times a day. You can make this rinse yourself by shaking up two teaspoons of baking soda in an eight ounce bottle of water.(Optional)
- Obtain a thorough professional cleaning and fluoride varnish of your teeth once every three months until no new cavities are evident.
- Get an examination and x-rays six months after the existing cavities have been eliminated to check that the treatments have worked.

Sincerely,



Dr. Eric Kristof & Dr. Carol Lee & Dr Hollie Van Nest
Westview Dental Corporation
Carol Jung Lee Dental Corporation