

# Core Dentistry Home Care

Office Phone: 469 353 6964

## Brushing

We recommend to brush your teeth for 2 minutes two times a day. Any more brushing will cause harm to your teeth and gums.

## Toothpaste

We recommend the following toothpastes:

All Around Favorite: Colgate Total

Best for Sensitive Teeth: Colgate Sensitive

Best for Canker Sores: Sensodyne Pronamel

Best for Gum Care: Crest Gum Detoxify

Best for Whitening: Crest for Pro-Health

Best Kids toothpaste:

Best 0-3 toothpaste: Tom's Fluoride Free Silly Strawberry

## Floss Technique

Use string floss between all tight spaces between your teeth.

If you have gaps between your teeth use an interdental brush rubber or bristled can be used. If unsure please contact Dr. Dan for clarification.