

# Healthy Smiles Care Kit

Clean & Protect Your Teeth

Prophy

## Rotadent ProCare® Professional Rotary Toothbrush

- Clinically proven to be as effective as brushing and flossing combined
- Removes 92% of plaque in the first minute of brushing
- Provides consistently superior results in in-vitro stain removal from both flat and interproximal surfaces
- 1 year warranty

Box set includes: Brush handle, hollow-tip brush head, short-tip brush head, & charger

[More details at [www.denmat.com](http://www.denmat.com)]



## Pro-DenRx® 1.1% Neutral Sodium Fluoride Gel

- Home-care fluoride gel
- Prescription strength - Intended for use as a topical fluoride to prevent caries (decay) and control plaque development
- Safe for use on all patients, including those with restorations

[More details at [denmat.com](http://denmat.com)]



**CALL: 855-8-SMILE-1**  
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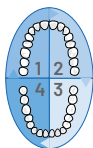
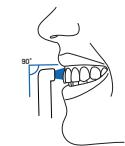
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DENTAL & ORTHODONTICS

# Instructions for Healthy Smiles Care Kit



Rotadent ProCare® requires a tooth-by-tooth brushing technique. The 360-degree rotation may cause the brush head to slip off of the teeth during use, particularly when first getting used to this technique. To help correct this, stabilize the handle with a firm grip. Next, follow the margins of the gumline to ensure proper cleaning of all surfaces, as described below:



- **Brushing Technique:** Hold your Rotadent ProCare® so the brush tip meets your gum line and the tooth surface at a 90-degree angle. To thoroughly clean each tooth, make "M" motions on the top teeth to massage the gumline and "W" motions on the bottom teeth.
- **Built-in Timer:** To make sure you brush evenly, divide your mouth into four sections (or quadrants). Brush each quadrant thoroughly for 30 seconds, as indicated by the QuadTimer.
- **Note:** Some individuals may experience a mild tingling sensation when first using the Rotadent ProCare®. This should stop after a few days of use.

[Reference: Rotadent ProCare® User Manual]

## Pro-DenRx® 1.1% Neutral Sodium Fluoride Gel

Cover brush head with gel



- Apply daily at bedtime, in place of your regular toothpaste or more often if your dentist recommends additional therapy based on the diagnosis
- Cover brush head with Pro-DenRx 1.1% Neutral Sodium Fluoride Gel and brush around all tooth surfaces and gum line for at least two minutes
- Spit out gel
- **Adults:** wait 30 minutes before rinsing mouth
- **Children under 12:** Rinse mouth thoroughly immediately after use

[Reference: DenMat product user guide]



Instructions have been provided for patient convenience. Please refer to the manufacturer's product guides included in their package for details. Soumava Sen DDS, P.C., Brident Dental Associates, P.C., and Brident DDS, P.C. dental practices are independently owned and operated by Soumava Sen, DDS, Yelin Kim, DMD, and Sylvia Lin, DDS, licensed dentists doing business as Brident. The dental practices receive administrative and business support services from Brident Dental Services, LLC ("BDS"). BDS does not own or operate the dental practices, employ, or in any way supervise, the dentists providing dental care.

