



CariFree Rinse Protocol

Your dentist has determined that you are at risk for getting cavities based on the level of cavity-causing bacteria in your mouth today. The protocol recommended below will not only significantly decrease those bacteria, but help to prevent them from repopulating your mouth by promoting a healthy environment. Please follow the recommendations as closely as possible to get the best result.

CariFree Treatment rinse: To be used 2x daily until the two bottles of A and B rinse are gone. First, brush and floss thoroughly. Then, shake both bottles and combine 5 ml each of A and B rinse for a total volume of 10 ml. Rinse for 1 full minute and then spit all of the rinse out. For children, once you mix the two rinse components together, you can have them swish for 30 seconds with half of the rinse or 5mls and spit, followed by the second half for 30 seconds. This may make the rinse more tolerable. For young children unable to rinse and spit, you can combine the solutions and then brush it onto all surfaces of teeth, allowing the child to spit often.

**Feel free to rinse with water after rinsing if that makes the taste more tolerable. Please be sure a child can spit effectively prior to use.

** Because the properties of the CariFree Treatment rinse are similar to that of some whitening agents, be sure to avoid staining substances; i.e. coffee, berries, red wine, while using the rinse as your teeth may be more susceptible to staining.

Once you have completed your CariFree Treatment Rinse regimen, which usually takes from 10-14 days, begin using the CariFree Maintenance Rinse immediately.

CariFree Maintenance Rinse: To be used 1-2x daily after brushing and flossing. Rinse with 10ml of the solution for 1 minute and spit thoroughly. It is best to wait 30 minutes before eating or drinking to allow for maximum effectiveness of Fluoride and Xylitol. The Maintenance Rinse should be used daily, according to your dentist's recommendations, and until it is completely gone. It does expire within 1-2 months once the bottle is opened. It does not contain any acidic preservatives which shortens its shelf life, but allows it to be at a health promoting pH.

Boost Moistening Mouth Spray: To be used 3-4x daily after meals to elevate oral pH.