

## Prescription Strength Fluoride & Recaldent™ (CPP-ACP)

### You have been prescribed:

#### Fluoride:

- Clinpro™ 5000 1.1% Sodium Fluoride Dentifrice - Apply a thin ribbon or pea-sized amount to a soft-bristled toothbrush, and brush teeth for two minutes once daily.
- GingiMed™ 0.63% Stannous Fluoride – Brush and floss. Pour into Irrigator reservoir and add 4 oz. Of water. Brush with circular motion around gum line. Vigorously swish for one minute with remaining liquid.

#### Recaldent™:

- MI Paste™ - Rub directly onto area with your finger. Leave undisturbed for at least three minutes before expectorating. If using trays, apply a small ribbon to trays and wear for five minutes.

### To help:

- Remineralize your teeth
  - Strengthen your teeth to prevent decay
  - Control sensitivity
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### For best results, please follow these guidelines:

- Expectorate (spit out) excess, but do not rinse.
- Refrain from eating, drinking, or rinsing for 30 minutes after application.
- Use before bedtime.
- Apply once during the day only if you are able to follow the eating/drinking protocol above.

### Caution:

- Keep prescription strength fluoride away from small children who are at risk of swallowing. MI Paste™ (Recaldent™) is safe for children.
- MI Paste™ is safe for lactose intolerant, but not for anyone with a milk allergy.
- Control RX® contains sodium fluoride. If your physician has advised you to avoid sodium, PerioMed™ may be a better product.
- Control RX® are contraindicated in pregnant or nursing women.
- The stannous fluoride in PerioMed™ may contribute to surface staining. Brush carefully for two minutes prior to rinsing to minimize staining.
- If you have trays, wash out and gently brush after each use. Store inside your special container. Keep your trays out of reach from any pets.

Recaldent™, CPP-ACP, Casein Phosphopeptides-Amorphous Calcium Phosphate, is the active ingredient in MI Paste. Fluoride and Recaldent both work to strengthen the surface of your teeth, but their mechanisms of action are different. Fluoride and Recaldent complement each other.

If you have any concerns, please call us at (727) 724-4227. We care about you.