

**ORAL HYGIENE RECOMMENDATIONS and ORAL HEALTH EDUCATION**

Oral Hygiene Aid(s)	Technique(s)	Rationale:
X2 Electric tooth brush <sup>ultrasonic</sup>	Polish, fluoride, antibacterial	Reduce gingival inflammation on localized areas
X1 Calcium Treated Toothpaste	Rinse and spit	Reduce biofilm contributing to caries progression
X2 Floss	Spool method	Reduce interproximal bacteria
X1 Listerine Total Care	20ml for 30 seconds, spit out	Reduce bacteria

Oral Health Education plan: Discuss how oral biofilm contributes to periodontal disease. Discuss how oral biofilm contributes to caries progression. Discuss how oral biofilm contributes to gingivitis. Demonstrate correct flossing technique & demonstrate spool floss technique

Faculty Signature:

*Gen. L. ...*

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