



Gum Boot Camp

Your gums need to be healthy for us to complete treatment on you. This is a series of instructions to aid your mouth, gums, and body to be ready for your dental treatment.

Brush your teeth three times a day....When brushing before bed, please place one TBS of baking soda in the palm of your hand. Put paste on your tooth brush, dip the toothbrush in the baking soda and brush your teeth.

Rinse with mouthwash twice a day after brushing. We will instruct you on what type of mouthwash to use or we will give you a prescription mouthwash.

Please make sure your diet is healthy. We ask that you eat a wholesome diet, that includes proteins, fruits, and green vegetables. We may also ask you to purchase a multivitamin, vitamin C, and/or vitamin D.