



SCOTTSDALE FAMILY

Dentistry & Orthodontics

Boot Camp Routine

Morning



1. Waterpik- 50/ 50 Water/Hydrogen Peroxide
2. Brush- regular toothpaste and toothbrush



3. Rinse- Periogard for 1 Minute when flossing in between



4. Brush- Prevident 5000- Pea size amount, brush on do not rinse, no food or drink for 30 minutes



Evening



1. Waterpik- 50/50
2. Brush regular toothpaste and toothbrush



3. Floss- dip flosser in peroxide each tooth



4. Brush- Clinpro 5000- pea size amount, brush on do not rinse, no food or drink for 30 minutes



Your doing great!
Keep up the good work!!