Dr. Battles’ Oral Hygiene Rx

Floss once every 24 hours. The best time is at bedtime and before brushing.

Brush your teeth and oral soft tissues for 3 minutes or to the length of one entire song. Use only ADA approved toothpaste. Use only a soft or sensitive bristled toothbrush. After brushing, expectorate the remaining toothpaste in your mouth. DO NOT rinse with water after expectorating.

Rinse and swishing vigorously, with Listerine, name brand only, for a timed 30 seconds. Expectorate. DO NOT rinse with water after expectorating.

Use any Rx rinse, dentifrice, or special aid that we have prescribed in its appropriate manner at the prescribed time.

Feel free to ask questions or ask for a demonstration!