



Lisa A. Lear, D.D.S., M.S.D.

*Diplomate American Board of Periodontology
Limited to Periodontics & Implants*

(520) 577-3935

PREVIDENT INSTRUCTIONS

PreviDent prescription toothpaste is recommended for use with your evening homecare. After brushing and the last thing before flossing, place a pea size amount of PreviDent on your toothbrush. Smear the toothpaste at the gumline, both outside and inside, then brush gumline for one to two minutes. Swish PreviDent in saliva for another minute then spit vigorously before flossing. **Do Not** rinse, eat or drink anything for at least 30 min.

If you have any questions, please call our office at 520-577-3935.

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