

Spry Xylitol Gel For Gingival Inflammation

Dr. Spokane and Dr. Karski recommend **Spry Xylitol Gel** to protect against cavities and infected gums (gingivitis) due to poor oral hygiene and/or a highly acidic diet including soda and sport drinks. Excessive sugar intake also contributes to gingivitis because sugar feeds the bad bacteria in your mouth. Please limit eating these things!

Spry xylitol toothpaste, mouth rinse and mints are effective at preventing gingival inflammation along with improved oral hygiene. **Xylitol gel is also used when active gingivitis is present.**

Instructions for use

1. Brush thoroughly with Spry Xylitol fluoride free toothpaste after every meal and rinse when at home with xylitol mouth rinse.
2. Floss with either regular dental floss or use the Platypus Flossers.
3. Then, refill your toothbrush with a moderate amount of Spry Xylitol Gel and gently brush onto all teeth surfaces especially on the tooth surfaces next to the braces and gums.
4. Spit any excess out of your mouth but **DO NOT RINSE.**
5. **DO NOT EAT OR DRINK FOR 30 MINUTES FOLLOWING TREATMENT!**
6. Do this 3 times per day: Morning, immediately after school and prior to bed.
7. Spry Xylitol Gel will not correct white spots that are present but will help prevent new white spots from developing. The gel will improved gingivitis with regular use and improved oral hygiene.
8. As a bonus, suck on 2-3 xylitol mints at multiple times during the day. Do not swallow immediately. Allow saliva to fill your mouth and swish thoroughly to distribute all over the mouth and teeth.
9. Please follow our detailed step by step hygiene protocol.



Don't let this be your teeth!!