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Dentistry for Infants, Children & Adolescents

Rx: Chewing gum or lozenges sweetened with 100% xylitol

Dispense: One or more bottles of lozenges or gum.

Directions: Based on our clinical diagnosis, the following level of effectiveness will be best for you/your child.

Effective: Chew or suck on one piece for 5-10 minutes 3 times daily after every meal.

More Effective: Chew or suck on one piece for 5-10 minutes 5 times daily, after meal or snack, and a half hour before bedtime.

Note: In order for 100% xylitol chewing gum or lozenges to achieve maximum effectiveness they must be used daily. 100% xylitol chewing gum or lozenges may be even more effective at preventing decalcification and promoting remineralization when chewed or sucked on for longer than 5-10 minutes.