

# home care products

**We have compiled an interactive list of some of the products we frequently recommend.**

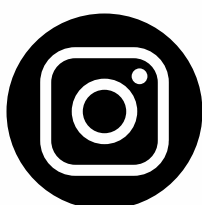
**Scroll through and click on the product images to learn more. To purchase a product now, click on the retailer of your choice. To go back to the list, click “home care products” at the top of any page.**

**Please contact us if you have any questions about product usage.**

## shortcuts



**BLOOM & BLOOM**  
*The Center for Excellence in Dentistry*



# home care products

## SONICARE TOOTHBRUSH



## GUM® SOFT-PICKS



## STELLA LIFE MOUTH RINSE



## PROBIORA ORAL PROBIOTICS



## WATERPIK WATER FLOSSER



## THE DOCTOR'S BRUSH PICKS



## CLOSYS MOUTH RINSE



## SENSODYNE PRONAMEL



# home care products

## CAFHELP TONGUE SCRAPER



## ULTRADENT OPALPIX



## SULCABRUSH



## BRIGHTWORKS END TUFT BRUSH



## PLATYPUS ORTHO FLOSSERS



## GLIDE THREADER FLOSS



## GUM® EEZ-THRU FLOSS THREADER



## GUM® GO-BETWEENS®



# home care products

## BRITE TOUCH CLEANER



## PREVIDENT 5000 TOOTHPASTE



# home care products



Teeth whitening products and procedures are extremely popular, and there are a lot of options to choose from. Speak to us about your goals and concerns so we can help you pick the best one for you.

## OPALESCENCE GO™ 15%



## PROFESSIONAL CREST 3DWHITESTRIPS



## ZOOM DAY WHITE AT HOME WHITENING



## LUMIBRITE 35%



In office  
procedure!

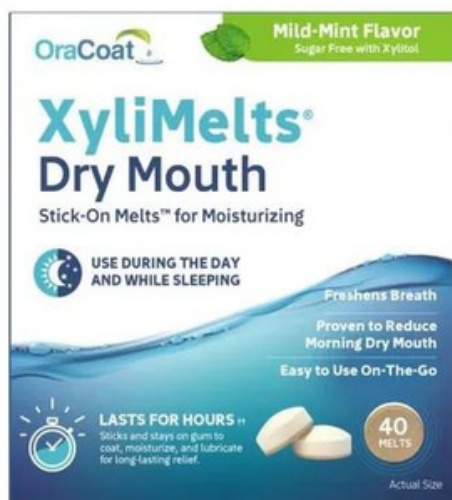
Same day  
results!

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Xerostomia, commonly referred to as “dry mouth”, is uncomfortable, and detrimental to your oral health. Our saliva is naturally pH neutralizing, moisturizing and cleansing. While xerostomia can be painful, it also puts you at a higher risk of cavities and acid erosion. Below are some products that may help you find some relief, and keep your mouth healthy.

## ORACOAT XYLIMELTS BIOTENE PRODUCTS



**biotene**

## SALIVEA PRODUCTS



## SPRY DENTAL DEFENSE®



**Please let your dental professional know if you are experiencing dry mouth.**

# home care products



Tooth sensitivity is a pain, literally. There can be several reasons for it, and more than one way to address it. Some types of sensitivity can be managed or prevented with over the counter products, and others require dental treatment.

The cause of the sensitivity, the product's active ingredients, and the duration of use will impact how quickly you feel relief and how long that relief will last. Here are a few products that we may recommend if you have tooth sensitivity - or if you plan on whitening your teeth.

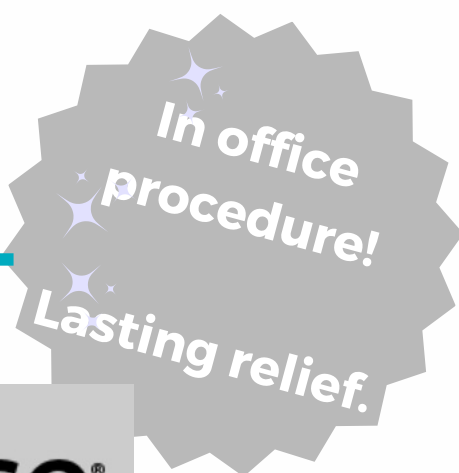
## SENSODYNE



## TOM'S OF MAINE RAPID RELIEF PASTE



## FLUORIDE TREATMENT



**FluoroDose**<sup>®</sup>  
5% Sodium Fluoride Varnish with Xylitol

**Please let your dental professional know if you are experiencing sensitivity.**

home care products



## Why use a Sonicare Brush?

No matter how great you brush, an electric toothbrush will brush even better!

Sonicare brushes are equipped with timers, and pressure indicators to help you brush gently, and thoroughly.



**Your purchase may qualify  
for reimbursement**

[CLICK HERE FOR A LETTER OF  
MEDICAL NECESSITY FOR  
YOUR HSA/FSA](#)

**Buy in our office**

OR ORDER NOW



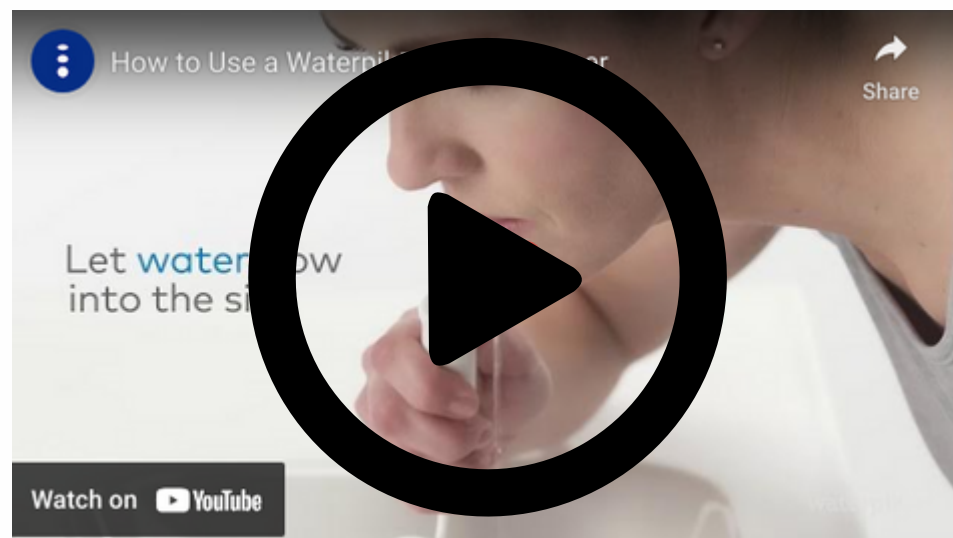


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## Why use a Waterpik?

Waterpik Water Flossers are excellent at getting into difficult to reach areas, and disrupting inflammatory and cavity causing plaque bacteria. A Waterpik can help you reach areas traditional floss and your toothbrush can't get to, and are great for cleaning around crowns, bridges, dental implants, and braces.



**Your purchase may qualify  
for reimbursement**

[CLICK HERE FOR A LETTER  
OF MEDICAL NECESSITY  
FOR YOUR HSA/FSA](#)

**Order now**



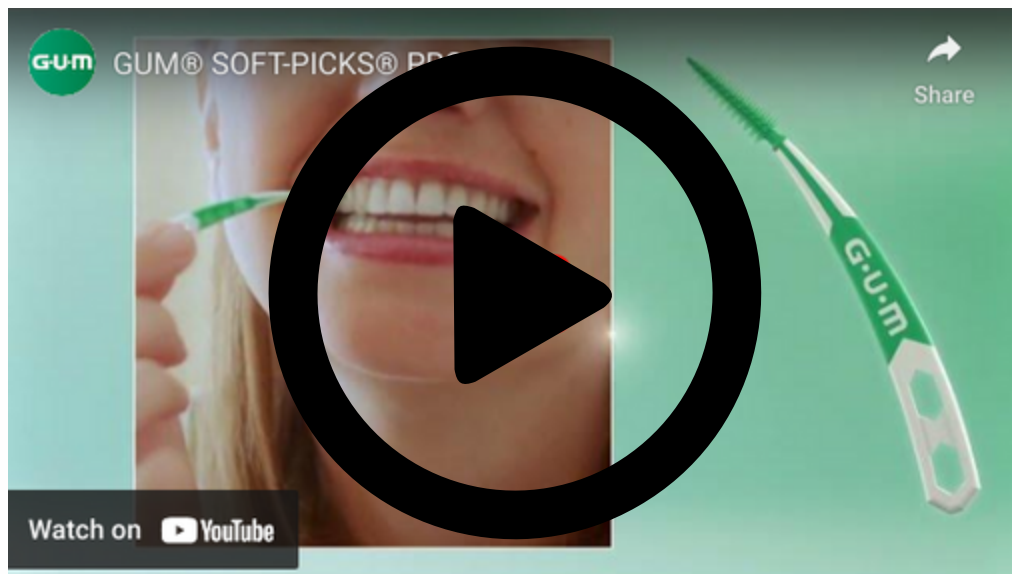
home care products

GUM SOFT-PICKS



## Why use Soft-Picks?

Disposable interdental brushes, like Soft-Picks, are a great tool to add to your oral care routine, especially for areas that trap food, or tend to bleed. They come in different sizes, and have different handles to help you clean anywhere comfortably, and effectively.



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## Why use Brush Picks?

Brush Picks are another great addition to your existing home care routine, or a great place to get started.

Cleaning in between the teeth is an important part of preventing gum disease and its progression, in addition to preventing cavities.



**Order now**



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## Why use StellaLife Rinse?

Gentle and healing, StellaLife is perfect for daily use even for those with dry or sensitive mouths. This rinse is non-toxic and won't stain your teeth, but will kill the bacteria that cause bad breath, cavities, and gum disease. It can also be used in combination with some of their other products for extra hydration, and pain relief after dental surgery.

**This line of products  
needs to be purchased  
through a provider.**

VISIT MILLTOWN PHARMACY AT YOUR NEXT APPOINTMENT WITH US



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## CLOSYS RINSE



## Why use Closys Rinse?

There are many options for mouthrinses on the market, Closys offers gentle and effective control of bad bacteria, and bad breath. All Closys products are alcohol free, and they offer an unflavored option, a fluoridated option, and accompanying Sodium Lauryl Sulfate free toothpaste.

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## Why use ProBiora Probiotics?

Bacteria is the cause of cavities and gum disease, but not all bacteria is bad. ProBiora can help you obtain a healthy level of good oral bacteria - which means less bad bacteria, fresher breath, and a healthier mouth.

**Buy in our office**

OR ORDER NOW

**Use our link to order through the Bloom & Bloom DMDs ProBiora Portal, and receive discounts on subscriptions!**



ProBiora Health



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The Center for Excellence in Dentistry

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## Why use Sensodyne Pronamel?

Sensodyne Pronamel's active ingredient, potassium nitrate, blocks pain from being transmitted from your tooth to your brain, preventing the feeling of tooth sensitivity to cold and other stimuli.

Preventing tooth sensitivity, however, is only one of Pronamel's benefits. Pronamel is also a low abrasive paste, it's free of Sodium Lauryl Sulfate (SLS), and contains sodium fluoride. This means it is gentle on both teeth and oral mucosa, safe for exposed root surfaces, should not burn or cause tissue sloughing, and protects your teeth from acid erosion.

You may notice that it doesn't foam as much as other toothpastes, and that is because it doesn't have that irritating SLS!

## Order now



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## Why use a Cafhelp Tongue Scraper?

The surface of our tongues can be a major source of bad breath! The little bumps on your tongue, called papilla, make a great hiding place for many different types of bacteria that can contribute to halitosis, gum disease, and tooth decay. The Cafhelp Tongue Scraper is easy to use, easy to keep clean, and makes a great addition to your routine!

**Order now**





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## Why use Opalpix?

Cleaning in between your teeth is important in order to maintain healthy teeth and gums, but we know it can be difficult. Opalpix offer a convenient and gentle way to get into hard to reach places, and they come in a container that is perfect for at home and on-the-go. Try them out, and let us know what you think!

**Order now**



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SULCABRUSH



## Why use a Sulcabrush?

The Sulcabrush is a double sided end tuft brush that is ergonomically designed to help you adapt the brush head to all areas of your mouth. While it is not a replacement for your toothbrush, it is a helpful addition, especially if you find it difficult to reach behind your molars, clean your braces, or get around crowns, bridges, and implants.

## Order now



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## Why use a BrightWorks End Tuft Brush?

This end tuft brush features soft tapered bristles that are perfect for cleaning all over - especially around implants, and braces. The handle is easy to grip, and is angled to help you comfortably reach all around your mouth.

### Order now



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## Why use Platypus Orthodontic Flossers?

We know flossing around your braces is hard, but it is necessary. Brackets and wires trap food, and plaque bacteria. Leaving plaque on your teeth is a recipe for cavities, sore bleeding gums, and the dreaded decalcification - often referred to as “white spot lesions”. Platypus Orthodontic Flossers offer a quicker and easier way to get floss around your braces - which we hope means you might want to use them everyday!

### Order now



Walmart 

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## Why use Glide Threader Floss?

Flossing under bridges, fused crowns, and around braces is essential. Floss threaders allow you to pull dental floss through tight, connected spaces. Glide Threader Floss eliminates the need to loop your floss through a separate threader by providing a stiff end that is already connected to the floss.

## Order now



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## Why use GUM® EEZ-Thru Threaders?

Sturdy and reliable, these threaders can help you get under even the most difficult to clean dental work. They are rigid enough to push through tight spaces, but can also be bent for better angulation, if needed. You can also use these threaders with the floss of your preference.

### Order now



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## Why use GUM® Proxabrush® Go-Betweens®?

GUM® Proxabrush® Go-Betweens® are reusable interdental brushes that are available in five different sizes. They can be used around all dental work, including implants, and are perfect for spaces between natural teeth as well. You may need different sizes for different areas in your mouth. Try a few to find what works best, but never force an interdental brush into too tight of a space- if it doesn't fit you may need a different size or a different product.

Available in  
Microtight,  
Ultratight, Tight,  
Moderate, and  
Wide sizes!

### Order now





# home care products



## Why choose Opalescence Go?

Opalescence Go offers a simple, quick, and mess free option for effective at-home teeth whitening. In your box you will find several sets of green, flexible, premade trays lined with comfortable whitening strips. The gentle but effective 15% Hydrogen Peroxide solution makes it easy and quick to lighten your teeth with minimal sensitivity. If you have 15 minutes a day to spare, you can brighten your smile easily!

**Buy in our office**

OR ORDER NOW







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# Why use Professional Exclusive Crest 3D Whitestrips Supreme with LED Light?

While designed to be gentle, these Crest 3DWhitestrips are formulated with a higher concentration of hydrogen peroxide than strips available in store. They are also paired with an LED light to help you see results faster - often in a single 1 hour session.

Each box contains 21 sets of strips and an LED light. Even though these are available exclusively through your dental professional, they are for use in the comfort of your own home!

[learn more](#)

**This product is ordered as needed.**

**Call to let us know you are interested.**





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## Why use ZOOM DayWhite 9.5% Hydrogen Peroxide?

ZOOM DayWhite 9.5% is just the right formulation to keep your time commitment low and your results bright, while limiting sensitivity. Combined with your custom bleaching trays, you can easily maintain your in office results with occasional at home touch ups, or lighten another shade or two - it's up to you! We carry ZOOM DayWhite 9.5% in our office. Let us know if you want to try it out, or need to restock.

[learn more](#)

**Available for purchase in office.**



home care products



## Why schedule a LumiBrite In-Office Whitening Session?

The whitening materials available to dental professionals for application in a dental setting have higher concentrations of peroxide than what can be used at home. This increased product strength usually makes for an efficient process with more dramatic results.

Through the sustained exposure of the Lumibrite 35% Hydrogen Peroxide solution throughout your appointment, you will leave our office with a brighter smile after just one visit! While you are relaxing and brightening your smile, we will be fabricating your custom bleaching trays for you to bring home that same day. You can use the at home material for maintenance or continued whitening, and we always have material stocked in office

bloomandbloomdmds.com



**Call us to book your appointment.**



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ORACOAT XYLIMELTS



## Why use OraCoat XyliMelts?

These self adhering, mint flavored tabs stick to the inside of your mouth and slowly dissolve to bring you longer lasting relief. XyliMelts contain xylitol, a sugar alcohol with numerous beneficial properties.

Xylitol is a pH buffer, stimulates your own salivary production, cannot be digested by cavity causing bacteria - streptococcus mutans, and due to its low glycemic index, will not impact your blood sugar. As a pH neutralizer it is soothing, and creates an unfavorable environment for streptococcus mutans, who thrive in acid.

## Order now



**Please let your dental professional know if you are experiencing dry mouth.**



home care products



## Why use Biotène Products?

Biotène has a great line of products to help relieve the discomfort caused by a dry mouth. You can try their rinses, sprays, gels, and toothpaste to find which one (or which combo) works best for you! Biotène products are pH balanced, and contain xylitol - they are specially formulated to provide soothing, 24hr relief.

### Order now



**Please let your dental professional know if you are experiencing dry mouth.**



# home care products

## SALIVEA



## Why use Salivea Products?

Salivea is a line of dry mouth products designed to mimic your saliva. Saliva is extremely important for the health of your mouth. Not only is it naturally moisturizing, and pH neutralizing, it is cleansing for your teeth. Having a dry mouth puts you at risk for tooth decay, acid erosion, and it is often painful. With this in mind Salivea is formulated with a patented salivary enzyme solution. In addition to its soothing, moisturizing, and saliva stimulating properties, it also helps to keep your teeth clean by loosening plaque.

### Order now



**Please let your dental professional know if you are experiencing dry mouth.**



home care products



## Why use Spray Dental Defense®?

Spray Dental Defense®, made by Xlear, is a line of products designed to stimulate production of your own saliva, and provide hydration. Their primary active ingredient is xylitol, a pH neutralizing sugar alcohol. Xylitol is indigestible by cavity causing bacteria, and encourages the production of natural saliva - which is cleansing and moisturizing. Spray offers various products, including gum, making it easy to use and keep on hand.

Let us know which products help you the most.

### Order now



**Please let your dental professional know if you are experiencing dry mouth.**



home care products



## Why use Sensodyne Toothpaste?

Sensodyne has a large line of products designed to meet many needs. All of their toothpastes are formulated with tooth sensitivity in mind, but they do not all work the same way.

Sensodyne makes pastes with either **sodium fluoride**, or **stannous fluoride**, and with or without **potassium nitrate**. Both sodium fluoride & stannous fluoride help to prevent cavities.

Stannous fluoride is also a desensitizer and antimicrobial. Potassium nitrate is another active ingredient that prevents and relieves tooth sensitivity. Both types of sensitivity relief options work great! Stannous fluoride may provide quicker relief, but long term they seem to have similar results.

Look for a Sensodyne paste with:

*Either stannous fluoride or potassium nitrate*

Consider one without Sodium Lauryl Sulfate (SLS) if you have a dry mouth or sensitive tissue.

## Order now



**Please let your dental professional know if you are experiencing sensitivity.**





home care products



# Why use Tom's of Maine Rapid Relief Sensitive Paste?

Tom's of Maine Rapid Relief Sensitive Paste is a fast acting, fluoride free toothpaste formulated with arginine and calcium carbonate. Arginine and calcium carbonate work together to deliver sensitivity relief within **60 seconds**. While it works best to rub it into particularly sensitive areas, you can brush with this paste. This paste **DOES NOT** contain fluoride. It can be used as a spot or occasional treatment, and before/during/after any whitening procedures.

## Order now



**Please let your dental professional know if you are experiencing sensitivity.**



home care products



## Why should you ask us about a Fluoride Varnish Treatment?

Unlike pastes which only remain in the mouth for minutes (if you are not rinsing immediately after) varnish sticks to the teeth keeping it on **only** the teeth and allowing for maximum uptake. While fluoride varnish is commonly used to prevent tooth decay - that's a bonus feature, as it is actually FDA approved for tooth sensitivity.

This 2 minute procedure is quick and causes no discomfort. Most of the varnishes available today dry on contact with your saliva, which means you can eat and drink most things immediately after (there are some restrictions on hard/crunchy foods & hot beverages for a few hours). The best part is the sensitivity relief, which can last *up to* **EIGHT WEEKS!**

We usually use FluoroDose varnish which is vegan, gluten free, dairy free, and nut free.



**Please let your dental professional know if you are experiencing sensitivity.**

home care products



## Why should you use Brite Touch to clean your appliances?

Oral appliances, such as nightguards, retainers, and clear aligners, collect a lot of debris and bacteria. Keeping them clean is part of keeping your mouth clean and healthy, and preserving the integrity of your device. We recommend and carry Brite Touch because of its ease of use and effectiveness.

Simply dissolve a capful in some warm water, place your appliance in, and let it soak for 15-30 minutes. After soaking, rinse off, and dry before storing.

[learn more](#)

**Best price available in office.**

home care products



## Why might we prescribe Prevident 5000?

While over the counter fluoridated toothpaste contains .5% sodium fluoride, prescription strength Prevident 5000 contains 1.1% sodium fluoride - or 5000 parts per million. Fluoride serves as a remineralizing agent, and a desensitizer for our teeth. An extra boost of fluoride can be helpful if you develop cavities frequently, have a dry mouth, are undergoing certain medical treatments, have white spot lesions from demineralization, have acid reflux, and/or have dental hypersensitivity. Studies have shown that higher concentrations of fluoride result in higher rates of remineralization.

The more we know about your individual situation, the better we can help you. If you have tooth sensitivity, updates to your medical history, or think this may be a product you need - please let us know.

**Please let your dental professional  
know if you are experiencing sensitivity.**