



AFTER-VISIT RESOURCE

Dental Care Product Guide

Scan a product's QR code or use its printed short link to view the item discussed at your visit.

Patient: _____ Visit date: _____

HOW TO USE THIS GUIDE

Use your phone's camera to scan the QR code beside the product. The printed short link is included as a backup. Product listings, prices, and availability may change.

Commission disclosure: Bluestem Health receives a commission when products are purchased through links in this guide.

Important: Follow the individualized instructions from your dental care team and the product label. Contact the office if you are unsure which item or technique is right for you.

INSIDE THIS GUIDE

Brushing | Toothpaste and rinses | Between-teeth cleaning | Dry-mouth comfort | Mouth guards | Retainers | Tongue cleaning | Home-care aids

Brushing

For daily cleaning at home. Choose the brush or replacement head your dental team discussed with you.

PRODUCT DETAILS	SCAN
Oral-B iO Electric Toothbrush An electric-brush option for routine home care. https://amzn.to/3UxTeq3	
Oral-B 3D White Manual Toothbrush A manual-brush option for patients who prefer a traditional toothbrush. https://amzn.to/4htvxsD	
BURST Sonic Electric Toothbrush for Adults (Soft) A soft-bristle electric option for adults. https://amzn.to/4gvZ3gk	
BURST Kids & Toddlers Electric Toothbrush (Soft) A soft-bristle electric option sized for younger patients. https://amzn.to/45uX31F	
Oral-B Pro 1000 Electric Toothbrush Another electric-brush option for routine home care. https://amzn.to/45uYkWv	
Oral-B Electric Toothbrush Replacement Heads Replacement heads for compatible Oral-B electric handles; confirm the fit before ordering. https://amzn.to/4g8YhnZ	
Oral-B iO Ultimate Clean Replacement Heads Replacement heads made for compatible Oral-B iO handles; confirm the fit before ordering. https://amzn.to/4zbLf1P	

Toothpaste & Rinses

Your dental team can help you choose a formula based on your age, symptoms, and care plan.

PRODUCT DETAILS	SCAN
Dr. Jen's Super Paste Toothpaste A toothpaste option to consider when it is specifically recommended for your home routine. https://amzn.to/4wpe2xq	
Dr. Jen's Fluoride-Free Toothpaste A fluoride-free toothpaste option; ask your dental team whether it is appropriate for you. https://amzn.to/4x14xpi	
ACT Kids Anticavity Fluoride Mouthwash A children's fluoride-rinse option; use only as directed for the child's age and needs. https://amzn.to/4cDNlhc	
ACT Adult Fluoride Mouthwash An adult fluoride-rinse option for a home-care routine when recommended. https://amzn.to/4x0J5kj	
Parodontax Active Gum Repair Toothpaste A toothpaste option for patients whose dental team has discussed gum-focused home care. https://amzn.to/3UxV4ar	
Sensodyne Sensitivity & Gum Toothpaste A toothpaste option when tooth sensitivity or gum care has been discussed. https://amzn.to/3TZYanu	

Flossing & Between-Teeth Cleaning

These tools clean spaces a toothbrush may not reach. Ask for a demonstration if you are unsure how to use one.

PRODUCT DETAILS	SCAN
Cocofloss Expanding Floss An expanding-floss option for daily cleaning between teeth. https://amzn.to/4xFIODb	
BURST Expanding Floss Another expanding-floss option for daily between-teeth cleaning. https://amzn.to/4cokldl	
OrthoPick Floss A flossing aid designed for cleaning around orthodontic appliances. https://amzn.to/45mueV8	
Oral-B Super Floss (Pre-Cut) Pre-cut floss sections that may be useful around braces, bridges, or wider spaces when instructed. https://amzn.to/4i8gWTy	
Dental Floss Picks (200 Count) A handled floss option for patients who find regular floss difficult to manage. https://amzn.to/4x4tY9A	

Flossing & Between-Teeth Cleaning (continued)

More options for different spaces, appliances, and preferences.

PRODUCT DETAILS	SCAN
Kids Dental Floss Picks (90 Count) A smaller handled-floss option for children with adult help as appropriate. https://amzn.to/4cgNXcA	
Waterpik Countertop Water Flosser A countertop water-flosser option for cleaning between teeth and around dental work. https://amzn.to/45Z5uT3	
Waterpik Sonic-Fusion Countertop Water Flosser A countertop option that combines brushing and water flossing. https://amzn.to/4bQhn17	
Waterpik Cordless Water Flosser A portable water-flosser option for patients who prefer a cordless device. https://amzn.to/4gv4oo3	
GUM Stimulator with Permanent Handle and Rubber Tip A rubber-tip tool for targeted gumline care when your dental team shows you how to use it. https://amzn.to/4qhQx86	

Dry-Mouth Comfort

These products may add moisture or ease a dry feeling. Tell your care team if dry mouth is new, persistent, or worsening.

PRODUCT DETAILS	SCAN
Oracoat XyliMelts for Dry Mouth A slowly dissolving disc option for dry-mouth comfort; follow package directions. https://amzn.to/4x3IAG4	
Biotene Dry Mouth Lozenges, 27 Count (Pack of 3) A lozenge option for temporary dry-mouth comfort; use as directed. https://amzn.to/4x3IAG4	
Biotene Oral Rinse for Dry Mouth An oral-rinse option intended to help with a dry feeling in the mouth. https://amzn.to/4cjiVAO	
Biotene OralBalance Moisturizing Gel, 1.5 oz A moisturizing-gel option for dry-mouth comfort. https://amzn.to/4wsqIDA	

Mouth Guards

These examples vary in fit and price. Ask whether an over-the-counter or professionally made guard is best for your situation.

PRODUCT DETAILS	SCAN
Encore Custom Mouth Guard (Higher-Cost Option) A custom-fit mail-order option listed in the original resource. https://amzn.to/45qW2I0	
Oral-B Mouth Guard (More-Affordable Option) A lower-cost over-the-counter option listed in the original resource. https://amzn.to/4cysjR5	
DenTek Professional-Fit Mouth Guard A fit-at-home mouth-guard option; follow all fitting directions carefully. https://amzn.to/4x96b8j	

Retainers & Appliance Cleaning

Use a cleaning method that is safe for your specific retainer or appliance. Avoid heat unless your care team says otherwise.

PRODUCT DETAILS	SCAN
Polident 3-Minute Retainer Cleaner Tablets A tablet-cleaning option for compatible removable appliances; follow label directions. https://amzn.to/4c80AH5	
Upgraded Ultrasonic Retainer Cleaner Machine A device option for cleaning compatible removable appliances. https://amzn.to/4zfCgN9	

Tongue Cleaning

A tongue-cleaning tool may be added to a routine when your dental team recommends it.

PRODUCT DETAILS	SCAN
Tongue Scraper for Adults A reusable tool for gently cleaning the tongue; stop if it causes pain or injury. https://amzn.to/4zg4t4b	

Habit & Home-Care Aids

Use these only for the purpose discussed at your visit and follow the product label.

PRODUCT DETAILS	SCAN
Plaque-Disclosing Tablets A visual home-care aid that colors plaque so missed areas are easier to see. https://amzn.to/4xEQSUz	
Mavala Stop A bitter-tasting deterrent product that may be discussed for nail-biting habits. https://amzn.to/4gbdHlZ	

Bring questions to your next visit - your dental team can demonstrate techniques and help you choose among similar products.