

PRE-APPOINTMENT INSTRUCTIONS

An appointment has been made to assess your oral biofilm for infection causing bacteria. For an accurate assessment it is very important that you follow these instructions.

Note:

If you are taking an antibiotic medication, please call us to reschedule your appointment at least one month after your prescription is completed, unless it is an ongoing prescription as in skin care.

Avoid scheduling a dental visit for cleaning **2 weeks** prior to your appointment.

For 2 days prior to appointment:

Avoid foods with garlic or onions

For 24 hours prior to the appointment:

Do not use breath fresheners or mouth washes

Do not drink alcohol or smoke (minimum 12 hours)

On the day of the appointment:

For two hours prior to the appointment please do not eat, drink, rinse, chew gum or mints, brush your teeth, floss and scrape your tongue. It is not necessary to fast longer than two hours prior to your appointment.

Note:

If you are a hypoglycemic or have other problems when meals are not taken on a regular basis, a fasting time of 1 hour will be sufficient.

Please complete the enclosed forms and bring them with you to your appointment.

Your answers will help us determine the most effective treatment.

Thank you for your co-operation in helping us assess you properly.

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