

ALWAYS Abrasiveness Index of Common Toothpastes

Toothpaste	RDA Value	Toothpaste	RDA Value	Toothpaste	RDA Value
Toothbrush with plain water	4	Rembrandt Mint	63	Amway Glister	110
Plain baking soda	7	Colgate Enamel Care Advanced Whitening	65	Aquafresh Whitening	113
Arm & Hammer Tooth Powder	8	Crest with Scope Whitening	65	Arm & Hammer Advance White Gel	117
Weleda Salt Toothpaste	15	Colgate Regular	68	Arm & Hammer Sensation Tartar Control	117
CariFree CTx4 Gel 1100/5000	30	Colgate Total	70	Fluoridex Daily Defense	117
CariFree CTx3 Gel	30	Arm & Hammer Advance White Sensitive	70	Close Up with Baking Soda	120
Elmex Sensitive Plus	30	Colgate 2-in-1 Fresh Mint	70	Crest Extra Whitening with Tartar Protection	120
Weleda Plant Tooth Gel	30	Crest Rejuvenating Effects Liquid Gel	74	Colgate Whitening	124
Pronamel	34	Prevident 5000 Booster	75	Crest Maximum Sensitivity	126
Arm & Hammer Dental Care	35	Sensodyne	79	Crest Extra Whitening	130
Weleda Children's Tooth Gel	40	Aim	80	Ultra Brite	133
Arm & Hammer Mentadent Advance Whitening	42	Biotene Paste with Fluoride	80	Crest MultiCare Fresh Mint	139
Squiggle Enamel Saver	44	Colgate Sensitive Max Strength	83	Crest Pro-Health	140
Weleda Calendula Toothpaste	45	Aquafresh Sensitive	91	Crest Multicare Whitening	144
Weleda Pink Toothpaste with Ratanhia	45	Tom's of Maine Regular	93	Colgate Baking Soda Whitening	145
Oxyfresh	45	Rembrandt Plus	94	Ultra Brite Advanced Whitening Formula	146
Arm & Hammer Dental Care Sensitive	48	Plus White	94	Pepsodent	150
Tom's of Maine Sensitive	49	Oxyfresh with Fluoride	95	Crest Rejuvenating Effects	155
Arm & Hammer Peroxicare Tartar Control	49	Crest Regular	95	Colgate Tartar Control	165
Crest with Scope	51	Oxyfresh Powder	97	Colgate Luminous	175
Arm & Hammer Peroxicare Regular	52	Colgate Enamel Care Natural Whitening	100	Colgate 2-in-1 Tartar Control/White	200
Healthy Teeth & Gums	52	Natural White	101	FDA Recommended Limit	200
Rembrandt Original	53	Mentadent	103	ADA Recommended Limit	250
Closys	53	Arm & Hammer Sensation	103		
Arm & Hammer Dental Care PM Bold Mint	54	Sensodyne Extra Whitening	104		
PerioScience White Care	57	Colgate Platinum	106		
Tom's of Maine Children's	57	Arm & Hammer Advance White Extreme Whitening	106		
Biotene Gel	60	Crest Sensitivity Protection	107		
Clinpro 5000	62	Colgate Tartar Control with Baking Soda and Peroxide	109		
Supersmile	62	Colgate Herbal	110		

The RDA table:
0-70 = low abrasive
70-100 = medium abrasive
100-150 = highly abrasive
150-250 = regarded as harmful limit

Taken From Kois Education

Brushing and Interdental Cleaning Instructions:

Ideally use a **Sonicare** brush with a **Sensitive** brush head. Brush only two minutes at a time, and not more than 3 times per day.

- Using a manual toothbrush makes it hard to control being too aggressive.
- Start brushing on the chewing surface of the teeth, then move to the gum line to avoid putting abrasive toothpaste right on the gums.
- You should brush the gums because plaque builds up there first, but find a balance between being thorough without being too aggressive.
- If using a manual brush, use a circular motion at the gumline.
- Avoid brushing immediately after eating, allowing 30 minutes for saliva to buffer acids, especially after acidic foods (orange juice, wine or tomato sauce, etc).

Interdental (Between Teeth) cleaning after each meal is ideal, especially if food easily traps between your teeth.

- Floss** cleans where teeth touch each other. Rub floss against the side of each tooth and go just slightly below the gum line, especially on implants. You do not need to put the floss deep under the gums. But don't be in a hurry, or you will be ineffective. All of us need to floss.
- Proxybrushes** and **Waterpiks** clean the bigger spaces between the teeth near the gums. Often around implants there will be bigger spaces between the teeth near the gums. Not all of us have bigger spaces between the teeth so not everyone needs to proxybrush or Waterpik.

If you can only clean your teeth once per day, at the **end of the day** is most important.

- Salivary flow naturally decreases at night because you are not speaking or eating and the body wants to conserve energy. Saliva is protective because it mechanically washes away plaque and has antibodies to kill bacteria. If you don't clean well before bed, or at least after the last food intake of the day, you have a perfect environment for bacteria to flourish and cause cavities and bone loss.