

Re: Sensodyne chewing gum?

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- *From:* Captain Infinity <Infinity@xxxxxxxxxxxxxxxxxxxxxx>
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Once Upon A Time letsconnect wrote:

No, rub the sensodyne into your teeth and leave it on, instead of brushing it on. Don't rinse off.

You might find an electric toothbrush easier (a lot of people with a bad gag reflex do). You don't have to use toothpaste if this makes you gag.

You can use a fluoride mouthrinse like ACT rinse instead of a fluoride toothpaste. Use last thing at night and don't rinse out.

OK, thanks, I'll try it.

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Captain Infinity

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