

Daily Oral Care Sequence



Everybody's been told to brush two minutes and floss twice a day.
But what's the *right* sequence...
and the *right* modifications for **your** unique mouth?

"I'm Dr. Greg Tarantola, creator of HolisticDentalLearning.com, and I want to show you the exact sequence and modifications I recommend."

Step 1 — Remove Loose Debris



First — get rid of loose food and debris.
Rinse vigorously with water or a water flosser.
If you have areas where food still gets stuck, use a floss pick or soft pick, or a proxa-brush.

(Why?)

If debris is sitting there, your toothbrush can't reach the tooth. It helps the efficiency of the next steps.

Step 2 — Neutralize Acids

Rinse and swish with a xylitol mouth rinse.

This raises the pH and makes the mouth less acidic.

You never want to brush in an acidic environment.

Gasmi Benahmed, A., Gasmi, A., Arshad, M. *et al.* Health benefits of xylitol. *Appl Microbiol Biotechnol* **104**, 7225–7237 (2020). <https://doi.org/10.1007/s00253-020-10708-7>



Step 3 — Clean the Tongue

Brush or scrape your tongue to remove bacterial buildup and volatile bad breath causing sulfur compounds *before* brushing your teeth.”



Step 4 — Apply Mineral Toothpaste

Now brush lightly with a nano-hydroxyapatite toothpaste.

The goal here is simply to get the toothpaste everywhere to make the next steps more effective.

Read an article on the benefits and safety of nano-hydroxyapatite toothpaste

Limeback H, Enax J, Meyer F. Improving Oral Health with Fluoride-Free Calcium-Phosphate-Based Biomimetic Toothpastes: An Update of the Clinical Evidence. *Biomimetics* (Basel). 2023 Jul 27;8(4):331. doi: 10.3390/biomimetics8040331. PMID: 37622936; PMCID: PMC10452078.



Step 5 — Clean Between Teeth and Other Hard To Reach Areas



With the toothpaste in place use nano-hydroxyapatite floss.

Consider proxa-brushes and/or soft picks if the spaces in between are large.

If you have gum recession or exposed roots, use an end-tufted brush in those areas.

That will get the nano-hydroxyapatite toothpaste in areas a regular brush can't reach.

Watch videos of these techniques HERE https://www.holisticdentallelearning.com/self_care_videos

Step 6 — Final Two-Minute Brush



Now do a thorough two-minute brushing — manual or electric. For exposed roots from recession use an end tufted brush. This is for a final de-plaquing and getting nano-hydroxyapatite into all areas.

And don't rinse afterward.

Let the mineral toothpaste stay on as long as possible.

Timing

Do this morning and night. The most important time is **right before bed**, because your mouth is closed all night and bacteria like this.

Special Situations

• ***Mouth breathing at night dries teeth*** → this routine before bed becomes even more important. See the “Healthy Breathing/Sleeping” page to help stop mouth breathing and train nasal breathing

https://www.holisticdentallelearning.com/healthy_breathing_sleeping

• ***If you are cavity-prone or have lots of restorations or are trying to keep early cavities from getting worse or have sensitive areas...*** alternate the 2 remineralizing nighttime toothpastes every other night.



If you already did the above routine earlier, like right after your evening meal, use the nighttime toothpaste as a final brushing right before bed. Or if you’re doing the above routine right before bed, as a last step, do another brushing with the nighttime paste.

A Natural Whitening Benefit

One additional advantage of this technique and sequence—especially with nano-hydroxyapatite toothpaste—is that it **naturally and safely whitens and brightens teeth**.

Not by bleaching. But by rebuilding and smoothing the enamel surface so light reflects more evenly.

This whitening benefit is supported in the scientific literature.

Limeback, H.; Meyer, F.; Enax, J. Tooth Whitening with Hydroxyapatite: A Systematic Review. Dent. J. 2023, 11, 50. <https://doi.org/10.3390/dj11020050>

• ***If you have gum disease or deep pockets***, manage with oil pulling with ozonated oil, and/or irrigate pockets with an irrigator filled with ozonated oil after Step 5...or at other times during the day.



Other Considerations

And of course, other things to consider are eating a healthy diet, and minimizing sugars and refined carbohydrates. And other adjuncts are vitamin K2, which nourishes and strengthens teeth from the inside out, and probiotics which help replenish the good bacteria.



**“Oral health isn’t just brushing and flossing.
It’s a sequence customized for your unique mouth, the right products and tools, consistency,
nutrition, low sugar intake, and supportive nutrients like K2 and oral probiotics.”**

“Simple steps. Powerful protection.”

Holistic Consultation

If you would like a personalized perspective on your situation:

[**Visit the Holistic Consultation page**](#)

I am happy to help guide you based on your individual needs.

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[**Watch a video of the Blog HERE**](#)