



TONIGHT’S PROTOCOL

Most of your tooth decay happens while you sleep.

The Nighttime Routine for Total Oral Health — the ten minutes before bed that protect your teeth all night.

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SALIVA FLOW
WHILE YOU
SLEEP

5.5

THE PH WHERE
ENAMEL
DISSOLVES

10_{min}

TO PROTECT
YOUR WHOLE
NIGHT



WHY IT MATTERS

Your mouth’s defence switches off at night.

Saliva clears away food, neutralises acid, and helps rebuild enamel. While you sleep, it slows to almost nothing.

So any leftover sugar keeps feeding acid for hours — with nothing to wash it away or repair the damage.

THE FIX

Go to bed clean, coated in fluoride, with nothing left to feed on.

Source: NHS · British Dental Journal — saliva & oral health



THE PROTOCOL

The whole routine, in six steps.

- 1 **Finish eating & drinking.** The night brush comes last.
- 2 **Clean between your teeth.** Interdental brush; floss for tight gaps.
- 3 **Brush 2 minutes with fluoride.** Soft bristles, gentle, every surface.
- 4 **Spit, don't rinse.** Leave the fluoride working overnight.
- 5 **Optional: tongue scrape.** One light pass, back to front.
- 6 **Water only.** Nothing else until morning.



THE ONE RULE MOST PEOPLE GET WRONG

Spit. Don't rinse.

Rinsing with water — or mouthwash — right after brushing washes the protective fluoride straight off your teeth.

Spit out the foam and stop. If you love a mouthwash, use it at a different time of day.

Source: **NHS · BMC Oral Health** (2022) — salivary fluoride after brushing



MYTHBUSTER

Three things to stop tonight.

- ✖ **Charcoal toothpaste.** Abrasive, no proven whitening, and often contains no fluoride.
- ✖ **Mouth taping.** Unproven for oral health — and risky if your nose is ever blocked.
- ✖ **Rinsing after brushing.** Washes away the fluoride you just applied.



MAKE IT YOURS

Adjust it for your mouth.

Kids

Pea-size fluoride toothpaste, supervise brushing to about age 7, and no sugary bottle in bed.

Braces & aligners

Add a water flosser and interdental brushes to clean around brackets and wires.

Dry mouth

Sip water through the night. If a medication is the cause, tell your dentist.

Grinding

Jaw ache, worn teeth, or morning headaches? Ask about a night guard.



DON'T SELF-MANAGE THESE

When to see a dentist.

- ✓ Gums that keep bleeding
- ✓ Tooth sensitivity that lingers
- ✓ Signs of grinding — jaw pain, worn or cracked teeth
- ✓ White or brown spots on teeth
- ✓ Persistent dry mouth or bad breath
- ✓ Anything that hurts

A good routine prevents most problems. A check-up catches the rest.



DENTAL NATION PROTOCOLS

Clean. Fluoride-coated. Fed nothing overnight. That’s the whole game.

BOOK A CHECK-UP

DENTALNATION.COM

Next week — The Whitening Protocol