

## **Instructions for Using Rx Colgate Prevident 5000 Sensitive**

1. Apply a small strip of the Prevident gel to a soft or extra-soft toothbrush.
2. Brush your teeth for at least two (2) minutes, spit out the excess toothpaste, and rinse your mouth.
3. Repeat this **at least** twice daily, preferably after breakfast and before bedtime.
4. Use the Prevident regularly, as directed, until relief from temperature sensitivity is achieved. Once the teeth are comfortable, you may continue to use the Prevident as necessary.
5. If after three (3) weeks of using Prevident there is no change in the level of temperature sensitivity in your mouth, please inform Dr. DeSanti of the lack of progress.