

# Patient Care Recommendation

Date: [Insert Date]

To: [Patient's Name]

From: [Your Name], RDH

[Your Dental Practice Name]

[Your Address]

[City, State, ZIP]

[Phone Number]

[Email Address]

**Dear [Patient's Name],**

I hope this letter finds you well. Following your recent dental hygiene appointment on [Insert Appointment Date], I am writing to provide you with tailored recommendations to enhance your oral health.

## **Recommended Care:**

- Use a fluoride toothpaste twice daily to strengthen enamel.
- Floss daily to remove plaque between teeth.
- Incorporate an antibacterial mouthwash to reduce gum inflammation.
- Maintain a balanced diet and limit sugary snacks to prevent cavities.
- Schedule your next dental cleaning in six months.

Additionally, I encourage you to practice regular self-exams and monitor any changes in your oral health. If you experience any unusual symptoms, please do not hesitate to contact our office.

## **Follow-Up:**

If you have any questions or concerns regarding your oral hygiene regimen, feel free to reach out. Your dental health is our priority, and we are here to support you.

Thank you for trusting us with your oral health.

Sincerely,

[Your Name], RDH

[Your Position]