



## Fluoride Trays | Instructions

The fluoride trays have been given to you to help slow decay or reduce discomfort caused by a dry mouth.

Documented research shows that the **use of fluoride trays will help prevent new decay and will slow down currently present decay**. Additionally, they will **desensitize sensitive tooth root surfaces**. However, **you must be consistent in carrying out daily treatment**.

### 1. Prior to Using the Trays

**Brush and floss** your teeth to remove plaque and food particles – fluoride cannot penetrate plaque and food particles left on your teeth.

### 2. Filling the Trays

Fill each tray with **about five to six drops of fluoride gel, spacing the drops equally**. Use just enough gel to cover your teeth without having it spill over into your mouth.

### 3. Inserting the Trays

Prior to inserting the trays, **dry your mouth** by swallowing several times. Insert the trays over your teeth and **seat against your teeth**. Expectorate (spit out) any excess fluoride gel.

### 4. Wearing Time

Leave the trays in place for **five minutes**. **One application should be made before bed each night** so the fluoride stays on your teeth overnight.

### 5. Removing Trays

When you remove the trays, **do not swallow until you expectorate the excess gel**. Do not rinse your mouth.

### 6. After Wearing Trays

**Do not eat or drink** anything for **30 minutes**.

### 7. Caring for Your Trays and Fluoride Gel

Clean trays by **rinsing them with cold water**, then place them upside down in a convenient place to let them drain and dry before the next use.

**Store fluoride gel at room temperature**, away from light and moisture. Do not freeze or expose to extreme heat.

**Warning:** Keep fluoride gel out of reach of children and pets.