

Home Fluoride Instructions

WITH FLUORIDE TRAYS:

After brushing, flossing, and water pik use, take your clean trays and squirt a small ribbon of gel into each tray.

Place each tray into mouth and wear 3 minutes per day, every day.

Be certain not to swallow the excess. Expectorate in sink.

After each use rinse trays thoroughly and place in carrying case.

Each tube should last about 6 months. Please call our office when it is time for refills or if you have any questions.

You have been given your models, in case your trays are damaged or lost. Please keep these in a safe place. We can make additional trays from these if necessary.

Do not eat or drink anything including water for 30 minutes after treatment.

IF YOU DO NOT HAVE FLUORIDE TRAYS:

First brush, floss, and use your water pik. Make your mouth as clean as you can.

Rinse and dry your toothbrush as thoroughly as you can.

Squirt a small ribbon of gel onto your toothbrush and brush your teeth with this gel for two minutes per day every day.

Be certain not to swallow the excess. Expectorate in sink.

Rinse your toothbrush toughly after each use.

Do not eat or drink anything including water for 30 minutes after treatment.

Dr. Jeffrey Mader 271-9000