



FLOURIDE TRAY INSTRUCTIONS

We recommend the use of Fluoride Trays to reduce the rate of root decay in adult patients.

- You will wear your fluoride trays 5 to 10 minutes daily.
- Brush and floss teeth prior to using your fluoride trays.
- Apply a thin ribbon of fluoride gel around the inside edge of the trays.
- Insert trays and bite together to seat the trays.
- If excess fluoride extrudes over the edges of the trays, spit the excess out.
- After 5 to 10 minutes, remove the trays and spit excess fluoride into the sink.
- After your fluoride treatment, do not rinse your mouth, eat or drink anything for thirty minutes.
- Rinse excess fluoride out of trays, dry, and store the clean trays on the mouth models so that they will retain the correct shape.

Our goal is to help you reduce the incidence of decay. In order to avoid decay we recommend a complete dental program including:

Proper dietary control (Low sugars and carbohydrates)

Proper Hygiene Devices: (Use recommended toothbrush, floss, water pik, etc)

Rigorous Home Care Practices (Follow recommended hygiene protocols twice daily.)

Regular Professional Dental Checkups and Cleanings
(Intervals range between 2 and 12 months. Follow your hygienist's and dentist's recommendations.)

The best way to prevent root decay is to prevent gum recession caused by periodontal disease. The best way to avoid periodontal disease (caused by bacteria laden plaque) is to maintain good oral hygiene.

WHERE ART MEETS SCIENCE

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