



THE DENTAL
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Fluoride Tray Post-Op Instructions

1. Brush teeth thoroughly with soft toothbrush and floss teeth before using the Fluoride Trays.
2. Place a thin layer of fluoride gel into each upper and lower fluoride tray so that each tooth space has some fluoride. If you have any excess that flows out of the trays into your mouth, spit it out and use less next time,
3. Seat the trays on the upper and lower teeth and let them remain in place for **5 minutes**. Only a small amount of fluoride should come out of the base of the trays when they are placed, otherwise, there may be too much fluoride in the trays.
4. After **5 minutes**, remove the trays and thoroughly expectorate (spit out) the residual fluoride. **Very Important — do not rinse mouth, drink or eat for at least 30 minutes after fluoride use.**
 - Rinse and dry the trays thoroughly after each use. Clean them by brushing them with a toothbrush and toothpaste.
 - Do not boil the trays or leave them in a hot car as they may warp or melt.
 - Please keep trays away from family pets. (They just love these!)

_____ Use 2x daily for 5 minutes.

_____ Use 1x daily for 5 minutes.