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POST-OP INSTRUCTIONS

Using Your Fluoride Trays

Your custom fluoride trays are designed to hold prescription fluoride gel directly against your teeth. Used as directed, they may help strengthen enamel and reduce your risk of cavities, especially if you have dry mouth, a history of decay, or other risk factors your dentist has discussed with you.

How to Use Your Trays

- Brush and floss your teeth first. Fluoride works best on clean teeth.
- Place a thin ribbon of the prescribed fluoride gel in each tray, about one third of the way up the inside walls. A little goes a long way. Overfilling causes the gel to ooze out and be swallowed.
- Seat the trays over your teeth and wear them as directed by your dentist, typically for a few minutes once daily. Follow the schedule we gave you.
- When the time is up, remove the trays and spit out any remaining gel. Do not rinse, eat, or drink for 30 minutes so the fluoride can keep working.
- Do not swallow the gel. If the gel makes you gag or you cannot keep from swallowing it, stop and call our office.

Cleaning and Storing Your Trays

- After each use, rinse the trays with cool water and brush them gently with a soft toothbrush. Do not use toothpaste, which can scratch the material.
- Never use hot or boiling water. Heat will warp the trays and ruin the fit.
- Let the trays air dry, then store them in their case, away from heat, direct sunlight, pets, and children.

Important Safety Notes

- Prescription fluoride gel is for adults and is meant to stay on the teeth, not be swallowed. Always keep the gel and trays out of reach of children.
- Use only the fluoride product prescribed or recommended by our office in your trays.
- Bring your trays to your dental appointments so we can check the fit, especially after any new dental work. Crowns, fillings, or extractions can change how the trays seat.

When to Call Us

- The trays feel loose, tight, or uncomfortable, or no longer fit after dental work.
- A tray cracks, tears, or becomes distorted.
- You experience gum irritation, tooth sensitivity, or nausea that you think is related to the gel.
- You are running low on your prescription gel and need a refill.