

Perio Protect Tray Therapy

Perio Protect is a prescription home care system for treating gum disease. Your custom-made Perio Trays hold medicated gel and carry it deep below the gumline, where the bacteria that cause gum disease live and where brushing and flossing cannot reach. Used consistently as prescribed, this therapy can help manage gum disease, and many patients also notice fresher breath and whiter teeth along the way.

Your Daily Routine

- Brush and floss first. The trays work best on clean teeth.
- Place a thin line of your prescribed gel (such as Perio Gel or PerioGelX) along the inside of each tray, following the amount we showed you at your fitting. A little goes a long way.
- Seat the trays gently over your teeth until they are fully in place.
- Wear the trays for the time and number of sessions per day prescribed by your dentist, typically about 10 to 15 minutes per session. Many patients wear them while showering, reading, or watching TV.
- When your session is done, remove the trays and spit out any remaining gel. Do not rinse, eat, or drink for 30 minutes so the medication can keep working.
- Consistency is what makes this therapy work. Follow your prescribed schedule every day, even after your gums start feeling healthier.

Cleaning and Storing Your Trays

- After each use, rinse the trays under cool water and brush them gently with a soft toothbrush. Do not use toothpaste, which can scratch the trays.
- Never use hot water. Heat can warp the trays and ruin the precise fit that makes the therapy effective.
- Let the trays air dry and store them in their case, away from heat, sunlight, pets, and children.
- Keep your gel stored as directed on the package, out of reach of children.

What to Expect

- Some patients notice mild tooth sensitivity or gum tingling when starting therapy. This is usually temporary. If it persists or is uncomfortable, call our office before changing your routine.
- Improvement takes time and steady use. Your dentist and hygienist will measure your progress at your visits and may adjust your wear schedule as your gums improve.
- Gum disease is managed, not cured. Even when your gums are healthy again, ongoing home care and regular dental visits help keep it from returning.

Important Notes

- Use only the gel prescribed or recommended by our office in your Perio Trays.
- Perio Tray therapy works alongside, not instead of, your professional cleanings and daily brushing and flossing. Keep all scheduled hygiene visits.
- Bring your trays and gel to your dental appointments so we can check the fit and review your routine.

When to Call Us

- A tray cracks, warps, or no longer fits properly, including after any new dental work.
- You experience gum irritation or sensitivity that does not settle down, or any reaction you think is related to the gel.
- You are running low on gel and need a refill, or you have questions about your wear schedule.