

HOME FLUORIDE INSTRUCTIONS

Fluoride recommendation will depend on the individual patient needs, which are determined as part of a “total care” plan. Some indications that additional self-applied fluorides are needed are:

- A. Rampant decay or root decay
- B. Excessive dry mouth (AKA: Xerostomia)
- C. Exposure to radiation therapy
- D. Root surface hypersensitivity

DAILY INSTRUCTIONS

A. Custom tray technique.

1. Brush and floss well.
2. Place one drop in EVERY OTHER tooth in the custom-fitted tray you have been supplied.
3. Wear the tray for 5 minutes, once daily, preferably at night.
4. DO NOT SWALLOW fluoride. Make sure to expel any excess that may leak over the top of the tray.
5. Expectorate several times when the trays are removed. Do not rinse.

B. Brush-On technique.

1. Brush and floss well.
2. Use two drops of fluoride gel on toothbrush for upper teeth and two drops for lower teeth.
3. Massage fluoride into teeth with brush, for one to two minutes, concentrating on the root surfaces at the gum line.

*****No food or drink for a minimum of 30 minutes after fluoride use.
This is why night use is recommended, so that the gel has a longer period of time to sit on the teeth providing protection.

*****KEEP ALL FLUORIDE PRODUCTS OUT OF THE REACH OF CHILDREN.