

Fluoride Trays

Instructions for Fluoride Trays

1. At bedtime, remove all oral appliances from the mouth. Brush teeth thoroughly with soft toothbrush and floss normally.
2. Place a thin ribbon of fluoride into each upper and lower fluoride tray. The fluoride can be spread with your finger, q-tip or dry toothbrush.
3. Seat the tray into the mouth and leave in place for **5 minutes**.
4. After 5 minutes remove the trays and thoroughly spit out any residual fluoride.

Very important – do not rinse, eat or drink anything for 30 minutes!

If using trays for whitening, begin using your trays 7 days prior to your whitening appointment.

Care for Fluoride Trays

- Rinse and dry after each use.
- Clean trays by brushing with toothbrush and water.
- If trays become covered in hard deposits, soak them in vinegar overnight.