

*Serving the dental community for over 25 years!*

## HOME CARE INSTRUCTIONS FOR OPTIMAL RESULTS

# Fluoride Custom Tray

- Always brush & floss your teeth first.
- Apply a thin ribbon of fluoride paste around inside edge of trays.
- Insert trays into mouth. Bite together to seat the trays properly.
- Remove any excess paste with tissue or Q-tip. Spit out the rest.
- Wear 5-10 minutes daily as instructed.
- After use, do not rinse your mouth, eat or drink anything for 30 minutes.
- Rinse excess fluoride out of trays.
- Store trays in a small amount of water in container provided.
- Keep fluoride tray out of reach of pets & children.
- Maintain good oral hygiene.
- Keep follow-up appointments as directed.

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*Call us today if you have any questions*

**Open 7am–7pm!**

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