



Dental Associates of the Southwest

Instructions for Use of Fluoride Trays

1. At bedtime, thoroughly brush and floss teeth. Food and plaque can prevent fluoride from reaching the tooth surface
2. Place a thin ribbon of fluoride gel into each of the fluoride trays. Do not overfill. A cotton tipped applicator can be used to spread and thin the fluoride.
3. Place the trays with fluoride over your upper and lower teeth and let them remain in place for **5 minutes**. If some of the gel oozes from the trays, they have been over filled. Expectorate any of the excess gel if this occurs.
4. After **5 minutes**, remove the trays and thoroughly expectorate any residual fluoride. **DO NOT RINSE**. It is recommended to not eat or drink anything for 30 minutes after a fluoride treatment.
5. Immediately rinse and brush trays with cold water to remove any residual fluoride. Do not use hot water as it will damage the trays. Allow the trays to dry. Once the trays have dried, you may place them on the models provided to maintain their shape. Do not place wet trays on the models as it will cause the models to grow mold.

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