

Fluoride Trays

Use of custom made fluoride trays are an excellent adjunct to preventing decay and minimizing sensitivity.

Exposed root surfaces and vulnerable crown margins are especially benefited. The use of the prescribed 1.1% neutral sodium fluoride gel will not harm any existing dental treatment. Rinse and dry your fluoride trays.

Brush your teeth. Apply a thin ribbon of fluoride gel covering the bottom of the trays. Insert the trays and gently bite down holding the trays in place for 5 minutes. The fluoride gel must cover the gum line, as that is where you will be most susceptible to decay. After 5 minutes, remove the trays, spit out the excess fluoride, floss the residual fluoride in between the teeth and below the gumline for the best benefit.

Do not swallow the fluoride or rinse out with water. You may wipe off the excess fluoride with a dry gauze or cloth. Do not eat or drink for 30 minutes. Always clean out the trays and put them in a clean container