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Fluoride Tray Instructions

Use Fluoride every night indefinitely, or until your dentist says otherwise.

1. Brush teeth
2. Floss teeth
3. Place a small amount (pea-sized amount) of Fluoride into the ends of each of the trays. With a clean finger or Qtip, connect the Fluoride from the ends of the tray to the middle. Then place the trays in your mouth for 5 minutes.
4. Remove trays and DO NOT SWALLOW OR RINSE. Spit out excess fluoride. Brush and rinse trays out with cool water and leave on a paper towel or in the cup to dry.
5. DO NOT EAT, DRINK OR RINSE for 30 minutes after.