

Fluoride Tray Use Instruction

Ann Wei DDS FACP

415-518-4992

You are recommended to use fluoride tray as part of treatment to combat dental decays (caries). You would receive custom made trays to fit over your top and bottom teeth, and a prescription for fluoride tooth gel/paste. Here are the steps to follow when using the fluoride trays:

1. Place a pea size or a thin line of Prevident 5000 (high fluoride concentration toothpaste or gel by prescription) in each tooth form of the trays. Do not fill the tray completely with gel.
2. Fit the soft tray to the teeth. Make sure the trays fit well and flush with the top of the teeth.
3. Wear the tray for 5 minutes to 1 hour every night after brushing and flossing, before bedtime.
4. Afterwards, remove the trays, rinse with COLD water and spit out the excess.
5. Wipe teeth with paper towel, avoid rinsing. Water will dilute the effect of fluoride.
6. Put the trays in a container with some cold water to store them.