

Instructions Topical Fluoride – Home Tray Delivery

Use prescription strength (1.1%) neutral sodium fluoride gel and a custom fitting tray carrier. (When the gel exhausted refill the prescription or contact the dental office to obtain more gel.)

Apply 5-6 drops or a thin line of fluoride gel to the inside surface of the tray.

Seat the tray in the mouth and press a little, if necessary, so that the gel completely covers all surfaces of the teeth and extends to the gum margin.

If excess gel exudes from the borders of the tray, expectorate (spit out) the excess gel, but do not rinse.

Keep the tray in the mouth for at least five (5) minutes.

Then remove the tray. Rinse or gently brush the tray with cool water to remove any excess gel left in the tray. Expectorate or gently rinse any excess fluoride gel from your mouth.

Perform this routine twice a day, once after breakfast and once before bed, or as otherwise instructed.

If you have questions, please contact the office: 801-262-1974.

Dental caries high-risk conditions for which Topical Fluoride Home Tray Delivery is indicated are:

- Dry Mouth
- Active Juvenile Caries
- Active Senile Caries
- Rampant Caries
- Bulimia
- Head & Neck Radiation Therapy
- Chemotherapy induced dry/sore mouth
- Drug use (methamphetamines, etc.)
- IV Bisphosphonate Therapy