



Fluoride Tray Method:

Fluoride Tray Method: you are at a lifelong risk for tooth decay due to the reduction in your saliva and an increase in decay causing bacteria.

Fortunately, using fluoride once a day can prevent this root exposure decay. It will be necessary to use the fluoride trays during our active treatment, but also for the rest of your life.

You have had individualized custom trays made from our office for your mouth. We will prescribe a fluoride gel, a 1.1% neutral sodium fluoride gel.

First floss and brush your teeth. Rinse and dry your fluoride trays and place a thin ribbon of fluoride gel covering the inside of the trays. Insert the trays and wipe off any excess gel with you finger. Bite down holding the trays between your teeth for 5-10 minutes. The fluoride gel must cover the gumline as that is where you will be susceptible to decay. Use the trays separately if it is difficult to hold both in your mouth at once. Many patients do this while showering or bathing to save time. After 5-10 minutes, remove the trays and spit out the fluoride.

Do not swallow the fluoride or rinse the fluoride out with water. You may wipe off the excess fluoride with a dry cloth or gauze. Do not eat or drink anything for 30 minutes. Always clean the trays with cold water after the fluoride treatment and put them in a clean container. If you have any questions please feel free to give us a call at [317\)598-GRIN\(4746\)](tel:317598GRIN)