

Directions for Fluoride Trays

The goal of a fluoride tray is to help prevent new decay. The fluoride will strengthen the teeth and harden them. Often, patients that have dry mouths or have difficulty brushing regularly are more susceptible to decay.

Apply a small strip of fluoride gel inside of mouth tray. It is important to use gel not paste inside of tray.

Wear tray for 3-5 minutes per day. It is not necessary to wear tray for extended periods of time. It does not increase the effectiveness.

If you can tolerate it, please do not rinse mouth for 30 minutes after tray removal. If needed it is fine to rinse with water after wearing the tray, but is best not to rinse.

Brush trays with toothpaste and store dry in case provided. Pets love to chew on mouthpieces so keep away from animals.

Call us if you have any questions. We are here to help. Our number is 765-453-4369.

Melissa A. Jarrell, DDS and Team