

YOUR NEW FLUORIDE TRAYS

HOME-CARE INSTRUCTIONS



Please follow these instructions for care and use of your new fluoride trays.

1. Brush and floss your teeth.
2. Place enough fluoride gel to just cover the bottom of the trays
3. Place the fluoride trays over your teeth as directed
4. LEAVE THE TRAYS ON YOUR TEETH FOR 5 MINUTES.
5. Remove the trays and spit out excess fluoride gel
6. DO NOT RINSE YOUR MOUTH, EAT, or DRINK ANYTHING FOR 30 MNINUTES
7. Clean the trays with a toothbrush or cotton swab
8. Store dry and keep your trays out of reach from pets and children, especially dogs.

~ Your RENU Prosthodontists