



TENINO
FAMILY
DENTAL
CENTER

USE OF FLUORIDE TRAYS

*You have been provided with custom trays
fit especially to your teeth
for delivery of a prescription strength fluoride paste.*

-The treatment should be done each night after brushing and cleaning your teeth.

Using it daily is the key to prevention.

-Place a small amount in each tray.

How small? When you place the tray in your mouth you should not get much if any excess overflowing out of the tray.

-Seat each tray over your teeth.

Firmly push the tray into place along the gum line. Look for excess paste and wipe it off and spit it out.

-Leave trays in for approx 10 minutes.

You may want to be in a location where you can spit during this time.

-Remove trays and thoroughly spit out excess paste.

You may rinse or brush if you find the paste distasteful or hard to get off of your teeth, however...for maximum benefit it is recommended that you do not rinse, brush or eat for approximately 30 minutes.

**Questions? Call us anytime!
360-264-2353**