DIRECTIONS FOR FLUORIDE TRAYS

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USING YOUR FLUORIDE TRAYS

For patients at a high risk of decay, including head and neck radiation patients.

CARING FOR YOUR FLUORIDE TRAYS

Aside from your daily home care, please bring your trays with you to your regular hygiene visits and we will ultrasonically clean them during your appointment.

FOR DAILY USE

AT BEDTIME

Remove any partial or full dentures from the mouth. Brush teeth thoroughly with soft toothbrush and regular toothpaste. Floss teeth by sliding the floss up and down each side of each tooth. Note: it is very important to remove all food and plaque from between teeth before using fluoride. Food and plaque will prevent the fluoride from reaching the surface of the tooth

LOAD THE TRAYS

Place a thin ribbon of the fluoride gel into each upper and lower fluoride tray so that each tooth space has some fluoride. We typically prescribe 1.1% sodium fluoride (Prevident, Fluoridex) for this purpose. Some patients prefer to spread fluoride into a thin film that coats the inside of the trays by using a cotton tipped applicator, finger or toothbrush but this is not necessary.

WEAR THE TRAYS

Seat the trays on the upper and lower teeth and let them remain in place for at least 10 minutes and ideally 30 minutes. Only a small amount of fluoride should come out of the base of the trays when they are placed, otherwise some fluoride may be wasted. After the allotted time, remove the trays and thoroughly spit out the residual fluoride. VERY IMPORTANT: do not rinse mouth, drink or eat for at least 30 minutes after fluoride use. Repeat daily.

DAILY CARE

Rinse and dry the trays thoroughly after each use. Clean by brushing with a toothbrush and hand soap. Occasionally, the trays can be disinfected with 1 tablespoon bleach in ½ cup water, soaking for 15 minutes. If trays become covered in hard water deposits, soak them in white vinegar overnight and brush them the next morning. Excess heat will warp trays.

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