

# Information About Fluoride Treatment

Fluoride is used daily to prevent decay in patients with a dry mouth. We recommend that you do the treatments before bedtime.

Follow these steps:

- Floss
- Brush teeth
- Rinse
- Apply fluoride using the custom trays. Use two drops in each tray, spread evenly with a Q-tip, place the trays on your teeth and leave in place for five minutes. After five minutes remove the trays and spit out the excess. Do not rinse, eat, or drink anything for 1 hour.
- Rinse the trays under the tap and let the trays dry for further use. (USE COLD WATER ONLY)
- Patients are required to use fluoride daily forever or as long as recommended by the Dentist, here at PMH

Neutragel 450 ml

Neutral Sodium Fluoride Gel

By: Germiphene