

Market Street Dental
20875 North Pima, Suite 105
Scottsdale, Arizona 85255
480-563-0069

Rio Verde Dentistry
25609 North Danny Lane, Suite 2
Rio Verde, Arizona 85263
480-471-7235

Home Use of Fluoride in Trays

Because of your high need to prevent or control dental decay (caries), or to reduce tooth sensitivity, it is recommended that you use custom-fitted trays containing fluoride each day. These trays will prevent new decay almost totally and will slow down currently present decay, as well as desensitize sensitive tooth root surfaces. *You must be consistent in carrying out the following procedure daily just before going to bed:*

Cleaning Methods:

1. Brush and floss your teeth well.
2. Place about six drops of Fluoride into each tray, spacing the drops equally. This is a medication requiring a prescription. If you run out, please tell us so that we can give you a new prescription.
3. Place the tray(s) into your mouth, seating them completely.
4. Expectorate (spit out) the excess fluoride.
5. Let the trays and fluoride remain in your mouth for five (5) minutes.
6. Remove the trays, wash them out with water and place them upside down in a convenient place to let them drain out before the next use.

After fluoride use:

1. If you are living in an area that has fluoride in the drinking water, rinse your mouth with water and go to bed without eating.
2. If you are living in an area that does not have fluoride in the drinking water, you do not need to wash the excess fluoride out of your mouth. Expectorate the excess and go to bed without eating anything.
3. You should continue this therapy for as long as recommended.