



LAKEVIEW  
— DENTAL —

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## TAKE HOME FLUORIDE TRAY INSTRUCTIONS

- Every morning apply a thin ribbon of PreviDent 5000 Plus tooth paste to a toothbrush and brush thoroughly for two minutes.
- After use, expectorate. Do not eat, drink, or rinse for 30 minutes.
- Every night (before bedtime), brush and floss thoroughly. Any remaining plaque will act as a barrier and prevent the fluoride gel to be in direct contact with the tooth surface. Use disclosing tablets as needed to verify the effectiveness of your home care.
- Place a thin ribbon of fluoride gel into each tray and spread it with a cotton swab.
- Place trays in your mouth and keep them in for a full five minutes. Try not to swallow any fluoride. Remove trays, expectorate as needed. Do not rinse your mouth or take any food or drink for one hour.
- It is highly recommended to brush your teeth after lunch as well. You can use regular toothpaste.