



LANDS END DENTAL

POST-OP INSTRUCTIONS FLUORIDE TRAYS

- These flexible fluoride trays are custom made to fit over your upper and lower teeth.
- If there are any rough spots or any other problems with them, please let us know.
- For the most effective results, first brush and floss thoroughly before placing the fluoride trays in your mouth. Place 5 - 6 evenly spaced drops of Prevident or Gel-Kam in each tray.
- Leave the trays in your mouth for 5 minutes each night.
- Do not swallow the fluoride gel.
- After removing the trays, expectorate all the remaining fluoride.
- It is recommended that you do your fluoride treatment right before going to bed each night.
- If you have to eat or drink after the fluoride treatment, please wait one-half hour before doing so.

Please feel free to call our office if you have any questions regarding these fluoride trays.