

From the office of Frank E. Delmonico, D.D.S. 401-783-1975

POST-OP INSTRUCTIONS FLUORIDE TRAYS

1. These flexible fluoride trays are custom made to fit over your upper and lower teeth.
 2. If there are any rough spots or any other problems with them, please let us know.
 3. 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.
 4. Leave the trays in your mouth for 5 minutes each night.
 5. **DO NOT SWALLOW ANY FLUORIDE.**
 6. After removing the trays, expectorate all the remaining fluoride. Again, **DO NOT SWALLOW** any fluoride.
 7. It is recommended that you do your fluoride treatment right before going to bed each night.
 8. If you have to eat or drink after the fluoride treatment, please wait one-half hour before doing so.
 9. Please feel free to call our office if you have any questions regarding these fluoride trays.
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