

# Fluoride Tray Instructions

Brush teeth and gums.

Place a 4 drops of Gingimed in tray.

Spread Gingimed evenly using your finger or tip of toothbrush or cotton tip applicator.

Wear overnight, if you are not able to wear overnight, wear trays for a minimum of 30 minutes before bedtime.

Remove trays, clean residual gel from tray with tooth brush, rinse well. Store trays in holder. If debris accumulates on trays, you may soak in a vinegar/water solution (equal parts) periodically.

Do not eat or drink or rinse for 30 minutes

Keep trays away from heat.

Bring trays to all hygiene appointments for evaluation and professional cleaning.

