

Fluoride Trays

Fluoride is found naturally in soil, water, foods, and several minerals. The benefits of fluoride have been well known for many years and has been added to almost all food and water supplies.

Although most people receive a small amount of fluoride from food and water, it is not enough to benefit. We may recommend the use of home and/or professional fluoride treatments for the following reasons:

- Deep pits and fissures on the chewing surfaces of teeth.
- Exposed and sensitive root surfaces.
- Fair to poor oral hygiene habits, sometimes caused by physical impairments.
- Frequent sugar and carbohydrate intake.
- Inadequate exposure to fluorides.
- Dry mouth or inadequate saliva flow due to medical conditions (e.g. cancer), medical treatment or medications.
- Recent history dental decay.

In many such cases, we recommend the use of **custom fluoride trays** to be used at home. Daily application of fluoride with custom fluoride trays with reduce the risk and slow progression of tooth decay.

Custom fluoride trays are fabricated in our office laboratory. They are customized specifically for your teeth, ensuring maximum fluoride exposure to all the tooth surfaces.

DIRECTIONS:

- 1) To be done before going to bed
- 2) Brush and floss teeth
- 3) Place/squeeze a thin line of gel in each fluoride tray
- 4) Keep trays on teeth for 5 minutes
- 5) Remove trays and spit out excess
- 6) DO NOT RINSE

Remember, this is to be done in addition to your regular brushing and flossing, eat balanced meals, reduce your sugar intake and don't forget your routine dental cleaning and exam with our hygienists.