

ARROWHEAD LAKES DENTISTRY

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THIS INFORMATION IS FOR GENERAL USE ONLY.
YOUR INDIVIDUAL SITUATION MAY VARY.
CONSULT YOUR DENTIST FOR SPECIFIC
RECOMMENDATIONS.

FLUORIDE TRAYS

Because of your high need to prevent or control dental decay (caries), or reduce tooth sensitivity, it is recommended that you use specially custom fitted trays containing fluoride daily. From research that is well documented, and from our own observation over many years, we know that use of these trays and fluoride will prevent new decay almost totally and will slow down currently present decay. Additionally, it will desensitize sensitive tooth root surfaces. However, you must be consistent in carrying out the following described procedure daily just before going to bed:

1. Brush your teeth well and floss them.
2. Place about six drops of PREVIDENT into each tray, spacing the drops equally. This is a medication requiring a prescription. If you run out of the material, please tell us so that we can give you a new prescription.
3. Place the tray(s) into your mouth seating them completely.
4. Expectorate the excess fluoride.
5. Let the trays and fluoride regain in your mouth for 5 minutes.
6. Remove the trays, wash the trays out with water, and place them upside down in a convenient place to let them drain out and dry before the next use.
7. AFTER FLUORIDE USE:
 - A. If you are living in an area that has fluoride in the drinking water, rinse your mouth with water, expectorate, and go to bed without eating.
 - or
 - B. If you are living in an area that does not have fluoride in the drinking water, you need not wash the excess fluoride out of your mouth. Expectorate the excess and go to bed without eating anything.

If you have any questions, please contact our office.