



After delivery of fluoridation trays

Congratulations!

You care deeply about your oral health and you have decided to take better care of your teeth. We'll give you some tips to optimize decay prevention:

- ✚ Apply a **line** of fluorine gel on the **bottom of the trays** on **all the teeth** and wear them for **5-6 nights**.
- ✚ Perform a **5-6 day** fluoridation **every 3 months**.
- ✚ **Thoroughly clean your teeth and gums** before each use of the trays.
- ✚ Never use hot water, toothpaste or other products for cleaning the trays. **Rinse them under cold water** and clean them with a soft-bristle brush.
- ✚ While you are wearing the trays, you must not drink or eat anything.
- ✚ Keep the trays out of reach of children or pets. **Store them in the provided box** in a cool and dry environment.
- ✚ Do not leave them in a tissue, they might be thrown in the rubbish.
- ✚ You can also use these trays to perform tooth whitening if you wish. Ask the products from the staff.