



**Grayhawk Prosthodontics - Farzam Maleki, B.D.S., M.S., F.A.C.P.
(480) 538-5270**

Home Use of Fluoride in Trays.

Because of your high need to prevent or control dental decay (caries), or to reduce tooth sensitivity, it is recommended that you use custom-fitted trays containing fluoride each day. These trays will lower the risk of decay and will slow down currently present decay, as well as desensitize sensitive tooth / root surfaces. *You must be consistent in carrying out the following procedure daily.*

Cleaning Methods:

1. Brush and floss your teeth well.
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, please tell us so that we can give you a new prescription.
3. Place the tray(s) into your mouth, seating them completely.
4. Let the trays and fluoride remain in your mouth for five (5) minutes after breakfast and (5) minutes before bed.
5. Remove trays, expectorate (spit out) the excess fluoride.
6. 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.

You should continue use as recommended.