



## Home Fluoride Instructions

### *WITHOUT TRAY*

BRUSH YOUR TEETH USING REGULAR TOOTHPASTE

FLOSS

APPLY A PEA- SIZED AMOUNT OF THE FLUORIDE PASTE TO YOUR TEETH USING A COTTON SWAB

LEAVE PASTE FOR 3 MINUTES THEN SPIT; **DO NOT RINSE**

### *WITH TRAY*

BRUSH YOUR TEETH USING REGULAR TOOTHPASTE

FLOSS

LIGHTLY FILL CUSTOM TRAY WITH MI PASTE AND INSERT

WEAR TRAY UNDISTURBED FOR MINIMUM 3 MINUTES OR AS DIRECTED

REMOVE TRAY AND SPIT OUT EXCESS; **DO NOT RINSE**

THOROUGHLY RINSE CUSTM TRAY AND STORE DRY IN CASE PROVIDED