

Prescription-Strength Fluoride and Fluoride Trays for People with Dentures

What is the purpose of prescription-strength fluoride and fluoride trays?

Dentists may recommend the use of prescription-strength fluoride toothpaste and/or fluoride gels (such as PreviDent) to people with dentures who have higher risks to develop tooth cavities. Prescription-strength fluoride toothpaste and fluoride gels have higher levels of fluoride compared to toothpastes you buy over-the-counter and may help prevent cavities when used as directed by your dentist. You will brush the prescription fluoride toothpaste on your teeth daily, usually at night. Use of prescription-strength fluoride gels is often best completed with the use of fluoride trays which are clear, soft trays that cover your teeth and are made by your dentist.

Directions for use of prescription-strength fluoride gel with fluoride trays

Use the prescription-fluoride as the last thing before bedtime every night to allow the fluoride to treat the teeth all night long.

1. Clean your teeth well by brushing teeth for at least two minutes with a soft toothbrush.
2. Place a thin line of PreviDent Gel inside each of the soft trays into the depressions where your teeth fit. You need enough gel so that some gel oozes out from under the tray when you snap it over your teeth. Over time

you will learn how much to use. It is better to have a little too much than too little.

3. Snap the trays with the PreviDent Gel onto your teeth. Spit out the extra gel that oozes out from under the trays. Do not rinse.
4. Leave the trays in for 10 minutes
5. Remove the trays. Spit out the extra PreviDent Gel. **Do not rinse.** Do not drink or eat anything for at least 30 minutes after this step. This step is best performed right before bedtime as mentioned above.
6. Rinse out the fluoride trays well with water and store the trays in the denture cup provided by your dentist. At least once per week, soak the trays in any denture cleanser like Polident or Efferdent. Please take trays with you to your dentist during routine visits so that they may be inspected and cleaned.

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