## Post-Treatment Instructions Fluoride Trays

## What You Need to Do

- 1. Brush and floss your teeth.
- 2. Place Prevident Fluoride in Trays (a line of gel where the teeth are located).
- 3. Place trays in mouth for 5 minutes.
- 4. Remove and clean trays.
- 5. Do not eat or drink anything for 30 minutes.