

## **FLUORIDE TRAY INSTRUCTIONS**



### How to Use Your Fluoride Trays

1. Rinse your tray.
2. Place one to two pea size amounts of MI Paste Plus or ClinPro into your trays. Smear the paste throughout the trays.
3. Leave undisturbed in the mouth for 1-2 hours before bedtime.
4. Remove trays.
5. Do not eat or drink for 30 minutes following application. It is best to go to bed with the film on your teeth.
6. Care for your Tray: Rinse and brush any remaining paste from your tray immediately after use.