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INSTRUCTIONS FOR Home FLUORIDE

- **Brush and floss as normal**
- **Squeeze a tiny ribbon of fluoride in each tray**
- **Place each tray in mouth**
- **Remove any excess**
- **Leave on for at least 1 minute**
- **Remove trays**
- **Without rinsing, remove any excess fluoride from the mouth**
- **Rinse and dry trays**
- **DO NOT EAT OR DRINK FOR 30 MINUTES AFTER FLUORIDE TREATMENT**

Please contact our office if you have any questions.