



Our Mission: The Dental Health Care group is committed to extraordinary and thorough service. We want to educate our patients so they can make informed choices. We use state of the art technology so that patients can have and maintain a beautiful and healthy smile.

Custom Fluoride/MI Paste Tray Instructions

Cavities are never good news.

The facts on cavities are the following:

Cavities occur for 3 reasons

1. They are related to your susceptibility to cavities. Your susceptibility is related to your genetic make up as well as how your teeth form when you are growing up (i.e. the hardness of teeth).
2. The amount of sugar in your diet.
3. Your ability to clean your teeth **effectively!**
4. Not brushing and flossing your teeth then falling asleep with food/sweets in your mouth.

We are prescribing the use of fluoride for at home use to be placed in custom fitted trays to reduce your **susceptibility** to cavities. Fluoride can harden the tooth and repel bacteria.

At bedtime:

1. Floss thoroughly, then brush teeth with a fluoride toothpaste.
2. Rinse.
3. Apply the fluoride gel or MIP paste to the trays. Apply just enough to cover the teeth. You do not need a lot of gel or paste. Too much just leaks out of the tray.
4. Leave tray in for 5 minutes –1 time /day (good); 2x/day (better).
5. Spit out. Do not rinse or eat for 30 minutes. It is preferred that you allow the fluoride /MIP Paste to continue to work through the rest of the night.

You need to use your fluoride trays nightly. Make this a permanent habit for the rest of your life for better oral health!

Your trays can be used to whiten your teeth as well - ask us how!

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