



Instructions for Fluoride Stent Use

1. Store your Stents in water.
2. Remove Stents from water and dry thoroughly before use.
3. Place enough Fluoride gel to just cover the bottom of the Stents.
4. Dry off your teeth with tissue or gauze before applying Fluoride Gel.
5. Place Fluoride Stents on your teeth as directed.
6. Leave the Stents on your teeth for 4-5 minutes.
7. Remove the Stents and "spit out" any excess Gel. Do not swallow any excess Gel - remember, Fluoride is for your teeth not stomach.
8. Rinse out the Stents with warm tap water; Brush the inside surfaces of the Stents with your tooth brush; Store the Stents in water.
9. No mouth rinsing, eating or drinking for 30 minutes.
10. Use your Stents **DAILY and FOREVER!**
11. Please contact the office when you run out of Fluoride Gel and we'll be happy to replenish your supply.