



## **MORRELL DENTAL**

### **Instructions for Preident Home Fluoride Use:**

1. It is best to use this Fluoride before bed.
2. Brush teeth normally and thoroughly rinse.
3. Apply a kidney-bean size dab of fluoride to your toothbrush.
4. Brush into teeth both cheek side and tongue side. Focus on the gumline!
5. Spit excess out but do not rinse.
6. While the gel is still on teeth, floss or use dental picks to push the Fluoride between the teeth. This is an extra step, but highly recommended as many problems occur between the teeth.
7. Continue to spit excess gel out until your mouth is relatively clear, but avoid rinsing if you can. This will allow more fluoride to stay on your teeth while you sleep and maximize the effect.
8. Do this 3 or 4 times per week before bed, or more if we have recommended that for you.
9. Feel free to call us if you have any questions! 342-3440