

PERIO TRAYS: INTRUCTIONS & CARE



INSTRUCTIONS

- Place the trays “Teeth side up”
- Using a small brush or Q-tip, distribute a small amount of the prescribed Perio Gel across the tooth/gum indentations evenly.
- If needed, use the small brush (or a Q-tip to evenly distribute the medication throughout the tooth indentations.
- Make sure the tray is secure in place and covers all your teeth. It should feel snug.
- Spit out any excess medication.
- Wear the trays twice per day for 15-20 minutes.
- After 15-20 minutes, remove the trays and brush your teeth/rinse with water to remove any excess medication.
- Clean Perio Trays after use. To clean trays, rinse with COLD water. You may also lightly brush the trays with a soft toothbrush and hydrogen peroxide. After rinsing and brushing, gently towel-dry the trays.

KEEP IN MIND...

- DO NOT: use hot water, store in hot temperature rooms, boil trays, soak trays in bleach or mouthwash

- Continue to brush twice a day and floss daily, as well as any other oral hygiene aids that are recommended by your dentist Dr. Virginia Ipapo.
- Remember to bring your trays to your next dental appointment.
- Please contact us if you have any questions or concerns.

