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Care Instructions for PerioProtect

Follow instructions for use that Dr. Allred or your hygienist prescribed as far as the frequency of use.

- Place trays open side up; apply a thin line of gel across the tooth indentations. **DO NOT** touch the sides of the tray with the applicator to avoid contamination.
- Use a small amount of medication in the trays. If the medication seeps out of the tray or you taste a lot of medication, you are using too much gel.
- Use the small brush to distribute the gel throughout the trays.
- Place the tray in your mouth and wear for the prescribed time. Spit out any excess of gel in the mouth. Rinse the brush with cold water and let air dry.
- Once the treatment time is up, remove the trays, rinse them under cold water and brush your teeth. Let the trays dry until the next treatment time. **DO NOT USE HOT WATER ON THE TRAYS.** You could also use hydrogen peroxide or toothpaste to clean the trays.
- Try to use the trays during times that best fit your schedule; after mealtimes, shower/bath times, watching shows, before bedtime, etc.
- If there are any problems or the patient experiences discomfort, please contact the office. The trays may need adjusting.

Instructed wear time:

- 3 times a day for 15 minutes (Periodontitis patients)
- 2 times a day for 15 minutes (Periodontitis patients)
- 3 times a day for 10 minutes (Gingivitis patients)
- 2 times a day for 10 minutes (Gingivitis patients)

Please call the office with any questions or concerns.