

Patient Care Instructions for Perio Protect

Wearing Instructions:

Patient Frequency and Duration is as follows:

**Frequency and Duration will be decreased as conditions improve and trays are used as indicated:

Application of Medication:

1. Apply a small beading or ribbon of gel throughout the tray. Alternatively, you can place a pea sized amount in the tray and evenly distribute with a small application brush.
2. If liquid medication is prescribed, 3 drops should be placed where indicated and distributed throughout the tray with a small brush.
3. More is NOT better....a little medication goes a long way.
4. Wash the brush thoroughly after use.

Insertion of the Trays:

1. Make sure trays are firmly and correctly placed.
2. Spit out any extra medicine that may have been released from the trays.
3. Wear for the frequency and duration as prescribed.

After Treatment:

1. Remove trays
2. Rinse and spit any remaining medication. Brush teeth and tongue.
3. Wash trays out with a toothbrush and COLD water after every treatment. Pat dry with a clean towel and store in a clean, cool, dry place
4. Hot water can distort the trays

Other Recommendations:

1. Only use COLD water
2. Store trays away from any pets
3. Frequency of use is more crucial than duration. If your time is limited, wearing the tray for 5 minutes instead of 15 is better than skipping a treatment.
4. Contact our office if any sensitivity in the mouth occurs.
5. Schedule a re-evaluation appointment.