

Home Fluoride Instructions

Instructions for Prescription Strength Fluoride to Reduce Sensitivity

- 1) Clean mouth as instructed: Brush, Floss.
- 2) Apply Perio-Med gel directly to teeth with toothbrush, finger, or Q-tip; concentrating on exposed root surfaces and along gumline. Do not dilute.
- 3) Do not rinse; spit out excess gel.
- 4) Leave undisturbed for at least 30 minutes, or overnight.
- 5) Use daily until sensitivity decreases.
- 6) Use 2-4 times per week to prevent return of sensitivity; if sensitivity returns resume daily treatment. Be careful to brush very gently on root surfaces with non-abrasive "sensitive" toothpaste. Toothbrush abrasion will increase sensitivity!