

Recommended use of Fluoride

The best time to use any fluoride is after eating your last meal of the day before you go to bed.

****Listed from least to most effective delivery system of fluoride****

Fluoride Rinse:

- Brush and floss teeth as instructed by your dentist after your meal.
- Swish with the fluoride rinse for at least one minute.
- Spit out the rinse and do not eat, drink, or rinse with anything for at least 30 minutes.

Rx Fluoride Toothpaste:

- Brush your teeth with the prescription toothpaste at least once a day in place of your regular toothpaste
- Spit out the excess, do not rinse with water at the end.
- Do not eat, drink, or rinse with anything for at least 30 minutes.
- You can floss your teeth before you brush or after you brush, but before your final spit.

Fluoride Gel:

- Brush and floss teeth as instructed by your dentist after your meal.
- Place the gel on your toothbrush and apply it to your teeth. Brush until it foams on the teeth.
- Floss the teeth so the fluoride comes in contact with the areas between the teeth.
- Leave on the teeth for 1 minute from the time it starts to foam so flossing is a good way to spend that time.
- Spit out the excess fluoride and do not eat, drink, or rinse for at least 20 minutes.