

Instructions for Using Fluoride Gel

1. Fluoride gel should be used once a day after normal brushing. An ideal time is immediately following the evening meal. Teeth should be flossed, then brushed with your usual toothpaste, then rinsed.
2. Rinse your toothbrush and shake off the excess water. Place a thin ribbon of gel (approximately 1/2 inch in length) on the toothbrush and brush teeth with the gel for up to one minute. Spit out excess gel. For children who are too young to spit properly, an adult should immediately wipe off the excess gel with a dry washcloth (or something similar).
3. Do not rinse, eat, or drink for at least thirty (30) minutes. Rinsing will reduce the effectiveness of the fluoride.
4. Read the package insert for precautions and drug interactions. Check the expiration date of your fluoride and discard when expired. Keep out of reach of young children. Call poison control if a large amount is eaten.