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Prevident 5000 (prescription fluoride gel) Instructions

- The prescription strength fluoride gel prescribed for you is to prevent decay (cavities).
- It is intended for long term use. When your supply runs out, more can be obtained from our office, or by taking a prescription to your pharmacist.
- People with dry mouths or decreased salivary flow due to medical conditions or medication are particularly susceptible to decay. Roots that are exposed as a result of recession are also at high risk for decay.
- Prior to applying fluoride gel, carefully brush your teeth towards the gum line and then floss your teeth.
- Dispense one thin line of the fluoride gel across the bristles and brush it on all the teeth, paying particular attention to the area where the tooth meets the gum.
- Swish the fluoride so it seeps between the teeth. Then spit out the extra.
- Do not rinse your mouth, eat or drink for 30 minutes after applying fluoride gel. This will allow the concentrated fluoride to stay in contact with your teeth and strengthen the tooth structure. Prior to bedtime is an excellent time to apply the fluoride gel.
- Keep your Prevident 5000 out of reach of children and in a safe place as you would any prescription medicine.

If you have any questions, please call Southpointe Dental at 701 280-1941.