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Home Fluoride

There are two kinds of fluoride that we dispense:

Toothpaste: *use only a pea size amount of this paste on your toothbrush. More is not better.*

Rinse: *pour the solution to the fill line on the measuring cup provided. Do not dilute with any water.*

*Time yourself, brush or rinse for at least one minute, spit out any remaining paste or rinse. **DO NOT RINSE.***

*Use the fluoride once a day unless otherwise prescribed by your doctor. The best time is usually right before bed time. **Do not eat, drink or swish with water for thirty (30) minutes after using the fluorides.***

If you have any questions or concerns don't hesitate to contact our office.