

THE CENTER FOR  
**Cosmetic & Restorative**  
DENTISTRY  
*It's your time to smile.*

## **Perio Protect Trays Instructions & Care**

For an instructional video on how to use your perio protect trays: Go to [www.ICCRD.com](http://www.ICCRD.com) → click on the 'Services' drop down at the top of the page → then click on 'Patient Education' & then you will see the video on HOW to Use Perio Trays by Perio Protect

### **Instructions**

- Place or hold the Perio Protect Trays with the inside of the trays facing towards you
- Apply a thin ribbon of the prescribed hydrogen peroxide Perio Gel across the tooth/gum indentations.
- If needed, use the small brush (or a Q-tip) to evenly distribute the medication throughout the tooth indentations.
- Place the tray into your mouth so that the tray covers all your teeth and fully seats in place. Spit out any excess medication. The Perio Protect Trays should comfortably and completely seat against your gums. They will feel snug.
- Wear the trays for the time prescribed- Once per day for 15-20 minutes
- Remove the trays after the prescribed time has elapsed. Brush your teeth/ rinse with water to remove any excess medication.
- After every treatment, rinse your trays with COLD water. You can also lightly brush the trays with a soft toothbrush and hydrogen peroxide.
- Gently towel-dry the Perio Protect Trays and place them into the storage container.

### **Points to Remember**

- DO NOT use hot water, store in an area subject to hot temperatures, boil, soak in bleach, or soak in mouthwash (can discolor appliance).
- It is very important to remember to continue to brush, floss, and use any other oral hygiene aids that are recommended by your hygienist or Dr. Brown
- If you begin to taste more of the medication over time please contact our office
- If you have any questions or concerns please contact us.
- Remember to bring your trays with you to your dental appointments.