

## Home Care Instructions: Head & Neck Radiation Patients Daily Fluoride Treatment

***Head and neck radiation therapy patients should begin using fluoride no longer than one week after radiation therapy is completed.***

### Use and Storage:

1. The best time to use fluoride is at bedtime after you are done eating and drinking for the day.
2. Remove any partial or full dentures from the mouth.
3. Brush teeth thoroughly with soft toothbrush and regular toothpaste. **Note:** It is very important to remove all food and plaque from between teeth before using fluoride. Food and plaque can prevent the fluoride from reaching the surface of the tooth.
4. Place a thin ribbon of the **Clinpro 5000 1.1% Sodium Fluoride Toothpaste** into your trays. Use a q-tip to spread the toothpaste around the trays.
5. Place trays onto clean teeth for **5 minutes**.
6. After 5 minutes, remove the trays from your teeth and thoroughly spit out the residual fluoride toothpaste.  
**Very Important: Do not rinse mouth, drink or eat for at least 30 minutes after fluoride use.**
7. Rinse trays under **cold water** (hot water will warp the retainer).
8. Use a wet soft-bristled toothbrush with water or dish soap. Using small, circular motions, gently brush the *entire* tray, both inside and out. Rinse.
9. Place trays in open case to dry. If the trays are not in your mouth, they should be in your case. **Keep trays away from hot water, pockets, direct sunlight, washing machines, napkins, and PETS.**
10. Repeat daily for as long as you have natural teeth remaining.

***Dr. Marion recommends bringing your trays to each cleaning appointment to be sure that the trays are fitting you well.***

***This guide, along with others, can be found at [mmSmileCenter.com](http://mmSmileCenter.com) under the "Patient Resources" tab.***