

Fluoride Therapy

During radiation therapy to the head and neck area, your saliva glands may become damaged and cause dry mouth. Long-term effects of dry mouth can damage the enamel layer of your teeth. To help protect your teeth after radiation treatment, your dentist can give you a prescription for 0.4% fluoride gel for you to use at home. Your dentist may want you to use fluoride gel on your top teeth, bottom teeth or both. It is important to do this fluoride treatment using your custom dental tray(s) each day, as directed by your dentist.

How to use Fluoride Gel:

Brush, floss and dry your teeth, then follow the steps below to use the fluoride gel one time each day. It is best to use the fluoride at bedtime.

1. Put about 3 pea-sized drops of gel inside your custom dental tray(s). Use the Benda brush to spread the gel evenly in your tray(s).
2. Put the tray(s) on over your teeth. It is important to set them correctly. The upper tray will only fit your top teeth and the lower tray will only fit your bottom teeth. **Leave the tray(s) in your mouth for 15 minutes.**
3. After 15 minutes, take the tray(s) out of your mouth and spit out the excess fluoride gel. **Do not rinse your mouth with water, brush your teeth, eat, or drink for 30 minutes after you use the fluoride gel.**
4. Use cool water to rinse out your tray(s) immediately after each use. **Do not** use hot water. Use a soft denture brush with mild soap and cool water to gently brush the fluoride gel out of the tray(s). Dry the tray(s) well and place in a covered container.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

To protect your tray(s):

- **Do not** use regular toothpaste to clean the tray(s).
- **Do not** use bleach to clean the tray(s)
- **Do not** use soap with moisturizers or oxidizers to clean the tray(s)
- **Do not** boil the tray(s) or leave them in direct sunlight or in a hot place, such as inside a car.
- When not in your mouth, keep the tray(s) in a covered container and away from pets.

To protect your teeth, you will always need to do your fluoride treatment each day. You should continue regular check-ups with your dentist and tell your dentist if you have any new dental pain.