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**INSTRUCTIONS FOR APPLICATION OF 1.1% NEUTRAL SODIUM FLUORIDE GEL
Tooth Decay Management**

Fluoride gel application is best after you brush your teeth with toothpaste and flossing. The gel is placed with a dedicated brush onto the gum line inside and out for one minute. Do not eat, drink or rinse your mouth after application. You may expectorate the excess. After 30 minutes, the efficacy of sodium fluoride is no longer clinically significant. You can drink water if needed. Fluoride gel application is to be applied _____; bedtime is an excellent time for the application of sodium fluoride gel.

Sincerely,

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Robert M. Gabrielli, D.D.S.
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