



**Sodium Fluoride 1.1% Topical Gel:** After brushing and flossing, apply a thin ribbon of gel to brush head and brush around all tooth surfaces and gumline for at least one minute. Spit out gel. Wait 30 minutes before eating, drinking or rinsing.

Recommended once per day.

**Sodium Fluoride 0.2% Oral Rinse:** After brushing and flossing, pour 2 tsp into the graduated cup. Rinse vigorously for one minute, then spit out. Wait 30 minutes before eating, drinking, or rinsing.

*Note: For patients who are whitening their teeth, you must use the bleaching gel first.*

Recommended once per day.