

Perio Protect Instructions and Care

INSTRUCTIONS

- 1. Brush and floss your teeth.**
- 2. Prepare the Trays:**
 - a. Place the trays teeth-side up.
 - b. Apply a thin layer of Perio Gel to the inside of each tray, covering the tooth indentations.
- 3. Insert the Trays:**
 - a. Gently insert the trays into your mouth, ensuring they fit snugly over your teeth.
 - b. Spit out any excess gel.
 - c. Wear the trays for 15 minutes.
- 4. Remove the Trays:**
 - a. Carefully remove the trays and rinse your mouth with water.
 - b. Wait 30 minutes before eating or drinking.
- 5. Clean and Store:**
 - a. Rinse the trays thoroughly with cold water.
 - b. Store the trays in their case in a cool, dry area.
- 6. For additional information:**
 - a. <https://www.perioprotect.com/>



KEEP IN MIND...

- DO NOT: use hot water, store in hot temperature rooms, boil trays, soak trays in bleach or mouthwash.
- Continue to brush twice a day and floss daily.
- Please contact us if you have any questions or concerns.



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