



PERIO PROTECT® INSTRUCTIONS

Congratulations on making a commitment to your oral health through the use of Perio Protect® Therapy! Perio Protect® trays have been custom designed for your gumline. In order to have the best delivery of medication to target areas, care must be taken to ensure the longevity of your trays. Below are your usage instructions:

1. When not in use, keep them in a cool and dry place, out of direct sunlight and heat.
2. Keep out of the reach of animals.
3. When putting them in and taking them out, remove using two hands so as to avoid unnecessary stress in the center of the trays. When both trays have been put in, gently bite together to completely seat them.
4. Do not place any other substance in your trays other than prescribed medications as that may deteriorate the material.
5. Brush your teeth/ rinse with water to remove any excess medication. After every treatment, rinse your trays with COLD water. You can also lightly brush the trays with a soft toothbrush and hydrogen peroxide. Gently towel-dry the Perio Protect Trays and place them into the storage container.
6. Cut your PerioGel® tube at the first line of demarcation from the tip, as this is the perfect size bead of gel to apply. Place a continuous ribbon of gel from the highest point on one side of tray, down to the bottom and extend to the same location on the other side. Repeat for second tray, if two trays were made.
7. If Vibramycin was prescribed for you, place one full droplet in 3 equal distances across the tray. No mixing is necessary.
8. Progress is different from person to person. Therefore, your prescribed medications and usage frequency have been given based on your personal needs. These instructions may change based on progress or lack thereof.
9. Your initial prescription is: PerioGel® 2 times per day, spaced equally apart for 2 weeks. Then once daily, preferably at night thereafter!

10. While Dedicated Dental will be your distributor of PerioGel®, Vibramycin will be mixed on demand at a specialty pharmacy once your prescription is activated. This is because Vibramycin has a shorter shelf life. Please keep refrigerated when not in use.
11. Keep trays on for 15 minutes before removing. Less than that, and it will not work. Longer than that will not yield additional benefit, though no harm will be done. If you miss a dose, resume as soon as you can and then resume back to normal schedule.
12. Your prescription will be re-evaluated and adjusted as needed at each of your dental hygiene appointments.
13. Please bring your Perio Protect® trays to your dental hygiene appointments at Dedicated Dental so that we can check for fit and structural integrity. As your gums heal from gum disease, there may come a time when adjustments have to be made. Additionally, your healing may cause the trays to become too loose to be effective and a new set of trays may be recommended.