



## Home Care Instructions

### Perio Trays (Subgingival Gel Therapy)

These custom trays are designed to deliver an antimicrobial gel below the gumline to help reduce bacteria, inflammation, and bleeding associated with gum disease. Consistent use supports healthier gums and fresher breath.

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#### How to Use Your Trays

1. **Prepare the Gel:**

Cut the tip of the gel tube and hold the tray with the open side facing up. [Figure A]

2. **Apply the Gel:**

Place a thin, continuous line of gel along the inner surface of each tooth indentation in the tray. Avoid overfilling. [Figure B]

3. **Insert the Tray:**

Gently seat the tray over your teeth until fully in place. Spit out any excess gel.

4. **Wear Time:**

Wear your trays for the time prescribed by your dentist (typically 10–15 minutes per session).

5. **After Use:**

Remove trays, brush your teeth to remove any remaining gel, then clean trays with a toothbrush and cool water. **Do not use hot water**, as it may warp the trays.

6. **Dry and Store:**

Pat trays dry with a clean towel and return them to their case.

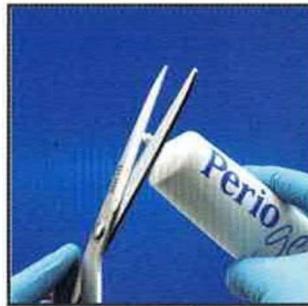


Figure A

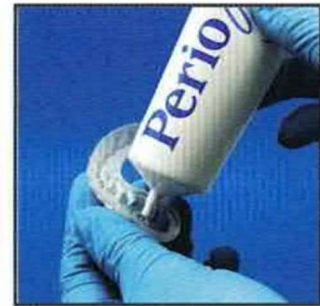


Figure B

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#### Recommended Schedule

- **For Periodontitis:** 2–3 times daily for 15 minutes each.
- **For Gingivitis:** 1–2 times daily for 15 minutes each.
- **For Maintenance:** 1–2 times daily for 15 minutes each or as directed.

Your dentist will advise the most appropriate schedule for your condition.



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### **Tips for Best Results**

- Continue normal brushing and flossing alongside tray use.
- Avoid eating, drinking, or rinsing for 30 minutes after each use.
- Do not swallow the gel.
- Keep trays and gel stored at room temperature.
- Replace trays if they become cracked, loose, or discolored.

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### **When to Contact the Office**

Call Parkside Dental at **(605) 498-4746** if you experience burning, unusual irritation, or persistent gum soreness.

We're here to ensure your therapy is comfortable and effective.