



Directions for care after Fluoride Varnish Treatment

After an application of fluoride varnish, you will feel a coating and may notice a difference in color while the varnish remains on your teeth. To obtain the maximum benefit from your fluoride varnish application, we recommend you take the following care after you leave our office:

- ✓ Leave the fluoride varnish on your teeth. Do NOT brush or floss for at least 4 hours.
- ✓ Avoid hard, hot or sticky foods, and products containing alcohol, while the fluoride varnish is on your teeth.
- ✓ Refrain from using other fluoride containing products such as: prescription toothpaste, fluoride gels and mouth rinses until the next day.
- ✓ If you are taking fluoride tablets, stop usage for 2-3 days.

Four hours after completion, a thorough brushing and flossing will easily remove any remaining fluoride varnish.