

Directions for Care After Treatment With Fluoride Varnish

After the 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, we ask that you take the following care steps after you leave our office:

01 Do not brush or floss for 4 to 6 hours.

02 Eat a soft food diet for the remainder of the day.

03 Avoid hot drinks and products containing alcohol (i.e. beverages, oral rinses) during the treatment period.

04 A thorough brushing and flossing will easily remove any remaining fluoride varnish.

