

Patient Directions after a Fluoride Varnish Treatment

After applying a fluoride varnish, as you rub your tongue on the outside surface of your teeth, you should feel a coating of the varnish. You should also be able to see a thin coating of the varnish on the surface of your teeth.

The treatment period for fluoride varnish is approximately 4 to 6 hours. Immediately after the treatment, to achieve the maximum benefit, please follow the directions below.

- ✓ Do not brush or floss your teeth for at least 6 hours after the treatment.
- ✓ Eat only soft food for at least 2 hours after treatment.
- ✓ Do not consume hot drinks or alcohol (mouth rinses) for at least 6 hours after treatment.
- ✓ Wait until the next day to resume normal oral hygiene.

A thorough brushing and flossing will easily remove any remaining fluoride varnish. Your teeth will return to the same shine and brightness as before the treatment.

Should you wish to remove any excess fluoride varnish the next day, vigorously brush and floss your teeth. Your teeth will look and feel the same as they did before the treatment.