

## **Patient Instructions: Following Sodium Fluoride Varnish**

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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 during the 4-6 hour treatment period, we ask that you take the following care after you leave our office:

- Do not remove fluoride varnish by brushing or flossing for at least 4-6 hours.
- If possible, wait until tomorrow morning to resume normal oral hygiene.
- Eat a soft food diet during the treatment period.
- Avoid hot drinks and products containing alcohol (i.e., beverages, oral rinses, etc.) during the treatment period.

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.

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