

Professional Fluoride Treatment

Varnish

After the placement of fluoride varnish, your teeth will feel sticky or “fuzzy”. This is normal and will be less bothersome as time passes. **We ask that you keep the varnish on your teeth for 4-6 hours to maximize its benefits.**

Please follow the guidelines below during that time only:

- Do not brush or floss.
- Though **you CAN eat** with the varnish on your teeth, please:
 - Avoid hot beverages.
 - Avoid hard or crunchy foods.
- Avoid products containing alcohol.

You may resume the activities above 4-6 hours after your fluoride treatment.

A thorough brushing and flossing of your teeth (after the six hour window mentioned above) will remove any remaining traces of your fluoride varnish, and you’ll have that great, smooth, “just-had-my-teeth-cleaned” feeling again. 😊

Rinse

- **Do not rinse your mouth, eat or drink for 30 minutes following professional fluoride rinse.**
- Continue to practice optimal oral hygiene efforts at home.

