

## Fluoride Varnish

5% sodium fluoride varnish was applied to your teeth today. This treatment safely delivers fluoride and a protective coating to your tooth surfaces. To obtain the maximum benefit, we ask that you follow these recommendations after you leave our office:

- Do not brush or floss 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 such as beverages or oral rinses, during the treatment period.

You will be able to feel the sticky varnish on your teeth during the short treatment period. Your teeth will again feel slick and smooth after the varnish is brushed and flossed away.