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After Care Instructions for *Fluoride Gel*

Today your child's teeth were treated with **1.23% sodium fluoride gel** which delivers a high concentration of fluoride, calcium, phosphate and other minerals to protect your child's teeth.

In order to ensure that the fluoride varnish has sufficient time to actively and fully protect your child's teeth, we request that you please follow these instructions:

1. For the **next 30 minutes**:
 - a. Do **not** brush or floss your child's teeth
 - b. Do **not** alcohol-based mouth rinses on your child's teeth
 - c. Do **not** give your child anything to eat or drink
2. After **30 minutes** your child may have anything to eat or drink.
3. **After 6 hours**, your child's teeth may be brushed, flossed and rinsed in order to remove any residual fluoride varnish. *However, if it is possible, wait until tomorrow morning to resume normal oral hygiene routines.*
4. Do **not** use any prescription fluoride toothpaste/medication containing *stannous fluoride* (i.e. Gel-Kam or Periomed) for at least **three days** **after** treatment.

If you have any questions/concerns, please call the office at **571-799-0559**.

