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## After Care Instructions for *Fluoride Varnish*

Today your child's teeth were treated with **5% sodium fluoride varnish** 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 6 hours**:
  - a. Do **not** brush or floss your child's teeth
  - b. **Avoid** alcohol-based mouth rinses on your child's teeth
  - c. **Avoid** giving your child hot beverages to drink (i.e. **coffee, hot chocolate, soup**)
  - d. **Avoid** giving your child sticky, hard and/or crunchy foods (i.e. **fruit snacks, bubblegum, potato chips, toast, hard tacos, pretzels**) to eat
2. Your child may eat soft foods and have cold liquids **right away** however and may express that there is a film on his/her teeth (which is the fluoride varnish).
3. **After 6 hours**, normal food and beverage intake may begin. And 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**.

