

## Directions For Care After Fluoride Varnish Treatment

Today your child's teeth have been treated with 5% sodium fluoride varnish. This treatment delivers fluoride and calcium phosphate, which is a protective coating to your child's teeth. To obtain the maximum benefit, we ask you follow these recommendations after you leave our office.

1. **Do not brush or floss for at least 2 hours after treatment.**
2. **For at least 2 hours, eat a soft food diet** staying away from hard, crunchy foods like chips and pretzels. **Avoid pop, hot drinks and products containing alcohol** (i.e. oral rinses, etc.)
3. Today avoid other products containing fluoride (mouth rinse, fluoride supplements.) Your child will be able to feel the varnish on his/her teeth. That sensation will go away with eating and drinking.

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