

Fluoride treatment instructions

After the application of fluoride varnish a slight coating of varnish will remain on your teeth. In order to achieve the maximum benefit of the treatment, please adhere to the following recommendations after you leave our office.

- If possible, wait 5 hours to resume normal oral hygiene.
- Do not eat hard or chewy foods on treatment day.
- Do not chew gum on treatment day.
- Do not brush teeth until the day following application of fluoride varnish, then resume normal oral hygiene.
(thorough brushing and flossing easily removes any remaining fluoride varnish)
- Do not take any fluoride supplements or use any home fluoride treatments the day of varnish application.
- Varnish needs to be reapplied every 3-6 months .