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**Pediatric Dentistry for Children and Young Adults**

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### **Directions for Care After a Fluoride Varnish Treatment**

After the application of a fluoride varnish, your child will feel a coating over all his/her teeth, and you may notice a difference in the color of your child's teeth while the varnish remains on his/her teeth. To obtain the maximum benefit during the 4-6 hour treatment period, we ask that you follow these instructions after you leave our office.

- Do not remove the varnish by brushing or flossing your child's teeth for at least 4-6 hours
- If possible, wait until tomorrow morning to resume normal brushing and flossing
- Have your child maintain a soft food diet during the treatment period
- Avoid hot drinks and products containing alcohol i.e. beverages, oral rinses, etc

A thorough brushing and flossing the next day will easily remove any remaining varnish from your child's teeth. Your child's teeth will return to the same shine and brightness as before the treatment.