

# Wonderful Fluoride Varnish

## Patient Instructions

5% sodium fluoride varnish was applied to your child's teeth today. This treatment safely delivers the highest level of fluoride to the tooth surfaces. To obtain the maximum benefit, please follow these recommendations:

- You may see a thin coating on the teeth. The patient may feel the thin coating when rubbing the treated area with his or her tongue. Tell patient not to scrape or wipe off the film.
- Patients can eat or drink immediately after application. For 2 hours, patients should avoid hard, crunchy and sticky foods and hot beverages.
- Do not brush the teeth for 6 hours after treatment or wait until the next morning to brush.