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Patient Directions after a Fluoride Varnish Treatment

After having fluoride varnish applied, you may be able to see a thin coating of the varnish on the surface of the teeth. For it to be most effective, it needs to stay on the teeth for approximately 4 to 6 hours. Please follow the directions below:

- Do not brush or floss the teeth for at least 6 hours after treatment
- Have your child eat only soft food for at least 2 hours after treatment
- Do not give your child hot drinks for at least 6 hours after treatment
- Wait until the next day to brush the teeth

A thorough brushing the next day will easily remove any remaining varnish.