



## After Fluoride Varnish Treatment...



# Directions for Care

Today your child's teeth were treated with 5% sodium fluoride. This coating protects tooth surfaces from foods that can cause cavities. Please follow these directions for the rest of the day:

- Do not brush or floss for at least 4-6 hours.
- If possible, wait until tomorrow morning to start brushing and flossing.
- Feed only soft foods.
- Avoid hot drinks and products like mouth rinse that contain alcohol.

Flossing and brushing will remove any remaining varnish.