



FLUORIDE VARNISH PATIENT TAKE HOME INFORMATION

Compliments to you for using the power of prevention by having a fluoride varnish applied today! Fluoride varnish protects your teeth and root surfaces from decay, and also preserves the longevity of your dental restorations. The fluoride varnish safely provides optimal protection, delivering the highest fluoride concentration possible.

The fluoride varnish may appear white and pasty on the tooth surface. To obtain the maximum benefit, we ask that you follow these recommendations listed below after you leave the office:

- Avoid hard and crunchy foods for at least one hour.
- Avoid hot drinks and products containing alcohol (beverages, oral rinses) for at least 1 hour.
- Avoid brushing or flossing for at least 4-6 hours.

