

Towson Dental Care

Towson Dental Care
300 E. Joppa Road Suite 400
Towson, MD 21286
410-296-3993
www.towsondentalcare.com
info@towsondentalcare.com

Fluoride Varnish Instructions

Directions For Care After Treatment:

Today your teeth have been treated with 5% sodium fluoride varnish. This treatment delivers fluoride, calcium phosphate and a protective coating to your tooth surface. To obtain the maximum benefit, we ask that you follow these recommendations after you leave our office.

- Do not brush, floss, or use alcohol mouth rinses for at least 6 hours.
- If possible, wait until tomorrow morning to resume normal oral hygiene
- Eat a soft diet for the next 6 hours (nothing crunchy or sticky to eat IE. no toast, croutons, hard tacos, nachos, hard pretzels, or bubblegum)
- Avoid hot drinks and products containing alcohol for the next 6 hours (IE. coffee, tea, hot chocolate, or soup)
- You may have soft food and cold liquids right away

You will be able to feel the varnish on your teeth. At the completion of the treatment period (6 hours after application is applied) you may brush, floss, and rinse to remove any remaining varnish.