



Bright Healthy Smiles for Life

After Varnish Instructions

Your child has had fluoride varnish applied to his or her teeth today to strengthen them and to help protect them from cavities. Here are your follow-up instructions:

- ❖ The varnish sets as soon as it is applied
- ❖ Your child can have soft food and drinks immediately after application.
- ❖ Avoid hard foods such as chips, and hot food or drinks for 4 hours.
- ❖ Do not brush your child's teeth today or tonight. Brush them normally in the morning.
- ❖ The varnish may make your child's teeth look yellow or another color; this will come off with brushing over the next few days.
- ❖ If your child normally takes a fluoride supplement, do not give it today, or any other fluoride treatments today.
- ❖ Varnish needs to be repeated every 3-6 months. Don't forget to schedule your next appointment.
- ❖ If you have any questions, please call our office.