

***Pediatric Care Specialists
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Patient directions after a Fluoride Varnish Treatment

After applying Varnish America*, as your child rubs their tongue on the outside surface of their teeth, they should feel a coating of the varnish. You should also be able to see a thin coating of the varnish on the surface of your child's teeth.

The treatment period for Varnish America* is approximately 4 to 6 hours. Immediately after the treatment, to achieve the maximum benefit, please follow the directions below.

- ***Do not brush or floss your teeth for at least 6 hours after treatment***
- ***Eat only soft food the day of treatment. (no hard, chewy foods or gum)***
- ***Do not consume hot drinks or mouth rinses for at least 6 hours after treatment***
- ***Wait till the next day to resume normal oral hygiene.***
- ***Do not take fluoride supplement the day of treatment***

The Varnish needs reapplied every 6 months for low risk patients and every 3 to 4 months for high risk patients and patients with appliances.

A thorough brushing and flossing will easily remove any remaining varnish. Your child's teeth will return to the same shine and brightness as before the treatment.