

## Directions for Your Child's Care After Treatment

5% sodium fluoride varnish was applied to your child's teeth today. This treatment safely delivers fluoride and a protective coating to the tooth surfaces. To obtain the maximum benefit, please follow these recommendations:

- Do not brush or floss for at least 4-6 hours.
- If possible, wait until tomorrow morning to resume brushing and flossing.
- Feed a soft food diet for the rest of today.
- Avoid hot drinks and products containing alcohol (eg, beverages, oral rinses, etc) for the rest of today.

Your child will be able to feel the varnish on his/her teeth. Once brushing or flossing is resumed, the varnish will be removed from the tooth surface over the next several days.

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