

Directions for Your Child's Care after Fluoride Varnish 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 (e.g., 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.

3M ESPE
OMNI Preventive Care
1500 North Florida Mango Road
West Palm Beach, FL 33409

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