



Delaware Smile Center

Family Dentistry & Orthodontics

Fluoride Varnish Instructions

- It is normal to feel the varnish coating, particularly if you rub your tongue across the outside surface of your teeth.
- The treatment period for the fluoride varnish is approximately 4- 6 hours.
- Do not brush or floss your teeth for at least 6 hours after treatment.
- Eat only soft food for at least 2 hours after treatment.
- Do not consume hot drinks or alcohol (including mouth rinses) for at least 6 hours after the treatment.
- A thorough brushing and flossing will easily remove any remaining fluoride varnish. Your teeth will return to the same shine and brightness as before the treatment.
- Should you wish to remove any excess fluoride varnish the next day, vigorously brush and floss your teeth. Your teeth will look and feel the same as they did before treatment. If you have any questions or concerns regarding the fluoride varnish application please feel free to call the office.