

FLUORIDE VARNISH INFORMATION AND INSTRUCTIONS

TODAY YOUR TEETH HAVE BEEN TREATED WITH SODIUM FLUORIDE VARNISH. THIS TREATMENT DELIVERS FLUORIDE AND SOMETIMES CALCIUM PHOSPHATE AS A PROTECTIVE COATING TO THE SURFACES OF YOUR TEETH.

FLUORIDE VARNISH IS OFTEN TIMES PLACED AFTER SILVER DIAMINE FLUORIDE.

TO OBTAIN THE MAXIMUM BENEFIT, WE ASK THAT YOU FOLLOW THESE RECOMMENDATIONS AFTER YOU LEAVE OUR OFFICE.

- 1) DO NOT BRUSH, FLOSS, OR USE ALCOHOL MOUTH RINSE UNTIL TOMORROW MORNING IF POSSIBLE.
- 2) EAT A SOFT DIET FOR THE NEXT 6 HOURS (NOTHING CRUNCHY OR STICKY TO EAT. PLEASE AVOID EATING TOAST, CROUTONS, HARD TACOS, NACHOS, HARD PRETZELS, FRUIT SNACKS, GUM ETC.
- 3) AVOID HOT DRINKS AND PRODUCTS CONTAINING ALCOHOL FOR THE NEXT 6 HOURS (IE. COFFEE, TEA, HOT CHOCOLATE, OR SOUP).
- 4) IT IS NORMAL TO FEEL THE "STICKY" VARNISH ON YOUR TEETH.



THE BEST WAY TO PREVENT DENTAL DISEASE IS BY DAILY BRUSHING AND FLOSSING, A HEALTHY DIET, REGULAR DENTAL CLEANINGS AND FLUORIDE!!!

CALL/TEXT/EMAIL OUR OFFICE AS NEEDED FOR MORE INFORMATION

CALL: 630.963.7766

TEXT: 630.478.2527

EMAIL: SMARTMOUTH@SMARTMOUTHWOODRIDGE.COM