

# *Lexington Dental Care*

## *Post-visit instructions*

### **Fluoride Varnish**

Fluoride varnish is applied to the teeth in order to deliver fluoride, calcium phosphate, and a protective coating to your tooth surfaces to manage the risk for cavities, sensitivity and/or tooth wear. To obtain the maximum benefit of the Fluoride Varnish, we ask that you follow these recommendations after you leave the office for the duration of the treatment period 4-6 hours:

Avoid anything hot, sticky, chewy, and crunchy for the 24 hours

(You CAN eat directly after it is applied, so long as you avoid these foods/drinks)

Do not drink alcohol, as it can remove the varnish.

Avoid cleaning the teeth for the remainder of the day. Do not brush teeth prior to going to bed and resume normal homecare routine the next morning.

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