



## **FLUORIDE VARNISH APPLICATION**

No alcohol, hot liquids, tooth brushing or sticky, chewy foods for four to six hours.

You can eat, drink and rinse immediately.

If varnish is given after 4:00pm, do not brush your teeth until tomorrow morning.

Teeth will feel like they have a rough or sticky coating on them.

Spots may be visible on the teeth until brushed off.