

# Post-Fluoride Varnish Application Information Sheet



Practice: \_\_\_\_\_

Child: \_\_\_\_\_

- Varnish sets on contact with saliva.
- Your child may eat or drink soft foods now.
- Do not feed hard food (such as chips) or hot food or drinks for 4 hours. This might take off the varnish.
- Do not brush your child's teeth tonight, but start normal tooth brushing tomorrow.
- Some varnishes can make your child's teeth a different color (usually yellow). It will be removed by brushing tomorrow.
- If your child usually takes a fluoride supplement, do not give your child one today.
- Do not do any other fluoride treatment at home today.
- Varnish needs to be reapplied every 3-6 months. Make sure to schedule your next appointment.

For questions or more information call \_\_\_\_\_

American Academy of Pediatrics

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Illinois Chapter

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