

## VARNISH TREATMENT FOLLOW UP INSTRUCTIONS

*A varnish treatment provides a dose of fluoride to the dental surface which will have a lasting hygiene benefit for the orthodontic patient.*

- \* Do not brush or floss your teeth until 6 hours after your treatment

You may notice a coating on your teeth that you will brush off after waiting the 6 hours.

Directly after treatment, you will feel a thin coating on your teeth when rubbed by your tongue.

- \* Do not consume HOT drinks for at least 6 hours after your treatment

Hot liquids can melt the varnish off. We want the varnish to absorb into the enamel of the tooth.

Eating warm foods is fine. As long as the temperature isn't hot enough to melt the varnish.

- \* Please only eat soft foods until 3-4 hours after treatment

Soft foods will not interfere with the varnish treatment in any way.

A maximum benefit will be achieved from the varnish if these rules can be followed.

The treatment should last for 4-6 months.

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