



Post-Op Instructions

Fluoride Varnish

1. Fluoride varnish will remain on your teeth for approximately four - six hours. Please follow the guidelines below **during that time only**:
 - Do not brush or floss.
 - Avoid hot beverages.
 - Avoid hard or crunchy foods.
 - Avoid products containing alcohol.
2. Please resume the activities above following the expiration of the six hour window.
3. A thorough brushing and flossing of your teeth (*after the six hours window*) will remove any remaining traces of your fluoride varnish.

Notes



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