

PreviDent

5% Sodium Fluoride Varnish

Patient Instructions for Care After Fluoride Varnish Treatment

Your dental professional has applied ClearShield Fluoride Varnish onto the surfaces of your teeth. You may feel a thin coating on the treated areas, which is a temporary condition, and should be left undisturbed in order to provide the greatest results.

In order to receive the maximum benefit of your treatment we recommend the following guidelines:

- 1) PreviDent Fluoride Varnish should remain on your teeth for 4-6 hours after application.
- 2) Maintain a soft diet and avoid hot liquids and beverages containing alcohol including mouthwashes and rinses during the treatment period.
- 3) Do not brush or floss during this treatment period. If possible wait until the next day to resume normal oral hygiene.
- 4) If you take supplemental fluoride under prescription, do not take it for at least 3-4 days, unless otherwise instructed by your dentist or hygienist.

The day after treatment, a thorough brushing and flossing will remove any ClearShield Fluoride Varnish remaining on your teeth.

Smiles in the Gardens-561-627-9056 www.smilesinthegardens.com

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