



# Fluoride

## Homecare Recommendations

### Varnish (painted on) Fluoride

Varnish fluoride is a thin layer of product that is painted on your teeth in office. You may feel a thin 'film' or sticky layer on the teeth and this is normal.

- **Eating and Drinking**

With this type of fluoride you may immediately eat and drink normally after your appointment, but avoid eating or drinking anything hot such as soup or tea for at least 4 hours.

- **Brushing and Flossing**

Avoid brushing and flossing for at least 4-6 hours.

### Foam Fluoride

Foam fluoride is placed in trays and inserted in the mouth for 30 seconds at your appointment.

- **Eating and Drinking**

Do not eat, drink, or rinse your mouth for 30 minutes after your appointment. After 30 minutes you may eat and drink normally.

- **Brushing and Flossing**

Avoid brushing and flossing for at least 30 minutes.

- **When to Call Us**

Please feel free to call us if you have any questions or concerns at (703) 870-7784.