

# POST FLUORIDE VARNISH APPLICATION ADVICE

**Fluoride varnish prevents tooth decay and strengthens the teeth.**



Teeth may show temporary discoloration after the treatment



Child can eat 30 minutes after fluoride varnish application



Soft diet is advised till the next day morning



Sticky and hard food should be avoided till the next day



Teeth should not be brushed or flossed on the day of treatment



Brushing and flossing should be resumed from the next day

**Fluoride varnish treatment is most effective if received twice every year.**

