

Stillwater Family Dental
(651) 351-0890

Fluoride Varnish Treatment

After applying the Fluoride, you will be able to see and feel a thin coating of the varnish on the surface of your teeth.

Leave the Fluoride Varnish on your teeth. Do not brush or floss for 4 hours after treatment.

Avoid hard or sticky foods, hot liquids, and oral rinses for 4 hours after treatment.

Refrain from using other products containing fluoride on the same day as fluoride varnish application. Example: prescription toothpastes, fluoride gels and mouth rinses.

If you are taking a prescription home fluoride tablet, it is recommended to discontinue use for 2-3 days.

A thorough brushing and flossing will easily remove any remaining fluoride varnish after treatment.