



Carrie K. York, DDS

Family and Cosmetic Dentistry

7437 SE 27th Street,

Mercer Island, WA 98040

Phone: 206-232-2505

Fax: 206-232-8307

Email: frontdesk@carrieyorkdds.com

FLUORIDE VARNISH INSTRUCTIONS

TODAY YOU HAD A FLUORIDE APPLICATION IN THE FORM OF A VARNISH, WHICH LOOKS LIKE A GLAZE ON YOUR TEETH. IT HAS EXTRA CAVITY FIGHTING PROPERTIES.

YOU SHOULD NOT BRUSH IT OFF FOR AT LEAST FOUR HOURS, BUT IT WORKS EVEN BETTER IF YOU WAIT UNTIL TOMORROW MORNIG TO BRUSH IT OFF.

YOU CAN EAT AND DRINK RIGHT AWAY, BUT FOR THE NEXT FOUR HOURS YOU SHOULD AVOID THE FOLLOWING:

- CRISPY FOODS (SUCH AS POTATO CHIPS)
- HOT FOODS AND DRINKS
- ALCOHOLIC BEVERAGES AND MOUTHWASHES