



**Carrie K. York, DDS**

Family and Cosmetic Dentistry

2955 80<sup>th</sup> Ave SE, Suite 102

Mercer Island, WA 98040

Phone: 206-232-2505

Fax: 206-232-8307

Email: [frontdesk@carrieyorkdds.com](mailto: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 MORNING 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