

**Fluoride Varnish**

**Directions for after treatment**

Fluoride varnish was applied to the teeth today to help protect them against cavities. This treatment covers the teeth and safely delivers fluoride. For best results, please do the following:

* Do not brush or floss for at least 4-6 hours.
* If possible, wait until tomorrow morning to start brushing and flossing again.
* Eat soft food for the rest of today.
* Avoid hot drinks and products containing alcohol (e.g., beverages, mouthwash, etc.) for the rest of today.

**You will be able to feel the varnish on the teeth. Brushing and flossing will remove this feeling over the next few days.**

If you have any questions, concerns or problems with the care received at CDA Cares please call **916-554-7373**.

**Post Cleaning Instructions**

**Discomfort:**

Some gum sensitivity is normal and will go away in several days. Tooth sensitivity, especially to cold, is normal and usually decreases within a few weeks.

**Bleeding:**

Minor bleeding, (pink in your saliva) may occur during the first 2 days. Rinse your mouth 2-3 times a day with warm salt water. Salt water recipe: Dissolve one tablespoon of salt in a medium size (8-oz) glass of water.

**Avoid smoking 7-14 days after the cleaning; smoking delays healing.**

**Homecare:**

Brush at least twice a day and floss once before bed. Toothpick use can also be helpful.

**Medication Options:**

To relieve major discomfort, take whatever over-the-counter medicine you take when you have a headache. Suggestions:

Ibuprofen 600 mg (Advil or Motrin) (600 mg equals 3 tabs of 200 mg over-the-counter Ibuprofen). Take every 4-6 hours if needed for pain. Do NOT exceed 2400 mg (12 tabs) in a 24 hour period.

**OR**

Extra Strength Tylenol1000 mgevery 4-6 hours if needed for pain. Do NOT exceed 4000 mg (8 tabs) in a 24 hour period.