



# Helping Hands

Jennifer K. Hargleroad, DDS, MS

2105 Bighorn Road, Unit 202

Fort Collins, CO 80525

(970) 493-2254

## FLUORIDE VARNISH

A topical application of fluoride has been applied to your child's teeth. This fluoride is used to help harden tooth structure that has been weakened. The fluoride in this varnish can replace where the calcium and minerals have been taken out of the tooth structure and repair the tooth before a cavity starts.

After the application of the varnish the child will feel the sticky, soft coating, and you may notice a difference in the color of the teeth while the varnish is present.

Here are some **DO'S** and **DON'TS** for the fluoride varnish:

### DO

- ❖ Eat a soft food diet for two hours after treatment.
- ❖ Consume only cold drinks.
- ❖ Wait until the night of treatment (4-6 hours) to resume brushing and flossing.

### DON'T

- ❖ Remove the fluoride varnish by brushing and flossing until night of treatment (4-6 hours).
- ❖ Consume hot drinks.
- ❖ Use alcohol products (such as mouthwash) during the treatment period.

For the maximum protective benefit of the fluoride varnish, it must remain on the tooth structure for a minimum of 4-6 hours. When normal brushing and flossing is resumed the night of treatment, the teeth will return to their normal shine and brightness!

Please alert a staff member if your child has a documented pine nut allergy. The "varnish" portion is collected from non-living pine trees. There is a very low chance of allergy, even with patients who have a documented pine nut allergy. No sap from the tree is used; however, due to the processing, manufacturers list a pine nut allergy as a contraindication of use with this product.