

## Post-Op Fluoride Instructions

### Home care instructions for topical Fluoride varnish:

- The fluoride Varnish that we applied today will feel sticky for about 2 hours
- Do Not brush, floss or Waterpik for at least 4 hours then resume normal hygiene as instructed by our office
- Avoid hot drinks and products containing alcohol (ie. Listerine) during the 4 hour period of treatment
- If you have any questions or concerns, please contact our office at 410.730.7485