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Instructions for non-gel Fluoride Varnish:

1. Nothing hot or hard to eat and/or drink for 2 hours.
2. You can eat and/or drink room temperature, soft foods.
3. No brushing for 4 hours.
4. After 4 hours if you want the fluoride varnish off your teeth, brush and rinse with warm water.
5. It is not unusual for the fluoride varnish film or residue to stick to your teeth for up to 24 hours.

If you have any questions please call the office