

Because we would like the golden varnish to remain on the teeth overnight it is recommended that you do not brush your child's teeth tonight, but from tomorrow morning brush your child's teeth as normal.

We recommend that:

- Your child does not have anything to eat or drink for 30 minutes after the fluoride varnish application.
- Your child should not take fluoride drops or tablets on the day before, the day of, and the day after fluoride varnish application
- Your child eats soft foods for the rest of the day.
- Even though your child has had Fluoride Varnish applied it is still very important to brush their teeth twice a day.
- If you have any problems or queries please contact your dental practice.