



Bayside Medical Group, Inc.
www.baysidemed.com

After the Fluoride Varnish— The Parent To-Do List

Now that the varnish has been applied:

- From 0 - 30 minutes after application:
Nothing to eat or drink.
- From 30 minutes - 2 hours after application:
Only soft foods or cold drinks.
- From 2 - 6 hours after application:
No hot drinks.
- Until the next day: No tooth brushing.



Parent advisory: The slight yellow coloration of the varnish will wear off soon.