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### **Fluoride Varnish Home Instructions**

- Teeth will appear yellow-white until brushed.
- Do not brush or floss until the next morning.
- Have the child eat a soft, non-abrasive diet for the rest of the day. No chips, crackers, cookies, or toast.
- If using fluoride supplements, you can discontinue their use for the next two days.

Please do not hesitate to call the office if there are any questions!