



# Fluoride Varnish

## A Simple Treatment to Protect Teeth.

Fluoride applied to teeth strengthens tooth enamel and helps prevent, stop and reverse cavities. Painted on the tooth, this high fluoride concentration product helps strengthen the outer enamel (outer layer of the tooth).

### Fluoride Varnish Application:

- Takes a few minutes to apply and dries quickly
- Does not taste bad
- Can temporarily reduce tooth sensitivity



### After the fluoride varnish application:

- Teeth will have a white appearance and feel sticky for 24 hours
- Do not eat hot, hard or sticky foods for the rest of the day
- Do not brush your teeth until the next morning

### How long does fluoride varnish last?

- The fluoride keeps working for several months to protect and strengthen teeth
- Works best if applied at least 2 times a year

**For more information talk to your dentist or dental hygienist or call Ottawa Public Health at 613-580-6744.**