PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · PREVENTION

CARE AFTER YOUR FLUORIDE APPLICATION

Recommendations to help the protective varnish set and strengthen the enamel of your teeth.

1 SET WAITING TIME

- **For the first 2 to 4 hours:** Do not have hot food or drinks, and do not brush or floss for the first **2 to 4 hours** after the application, so the varnish can bond properly and strengthen your enamel.

2 HOW THE VARNISH FEELS

- You will feel a slightly sticky or rough layer on your teeth. This is completely normal and will be gone once you brush tonight.

3 EATING AND DRINKING

- **If you need to eat in the first few hours:** Have only soft foods and cold or room-temperature drinks.
- **No alcohol:** Avoid alcoholic drinks and alcohol-based mouthwash for the rest of the day, as they can dissolve the fluoride layer too early.

4 ONGOING CARE AT PURESMILE MIAMI

- Regular fluoride applications protect the surface of your teeth against sensitivity and help prevent cavities.
- **We will remind you when your next preventive checkup is due, to keep your mouth 100% healthy.**

QUESTIONS ABOUT YOUR TREATMENT?

We are here for you. Call us at **(305) 787-3642** or visit **puresmilemiami.com**.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-fluoride

Patient Care Team
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