



What to Expect After Your Fluoride Treatment

- Your teeth may feel smooth or slightly sticky for a few hours.
- Mild sensitivity to hot or cold is normal but temporary.
- The fluoride continues to strengthen your teeth for several hours after application.

Things to Remember

- ✓ Avoid eating or drinking for at least 30 minutes.
- ✓ Refrain from brushing or flossing for 4 to 6 hours, unless instructed otherwise.
- ✓ For the next 4 to 6 hours, avoid hot drinks, alcohol, and crunchy or hard foods.

What to Avoid

- Do not smoke or consume acidic drinks (like soda or citrus juices) for several hours.
- Avoid sticky candies, chewing gum, or anything that might disturb the fluoride coating.

Why It Matters

Fluoride helps protect your teeth by:

- Strengthening enamel to resist cavities
- Slowing down early tooth decay
- Providing long-term protection when combined with good oral hygiene

Next Steps

- Maintain regular brushing and flossing after the recommended wait time.
- Schedule your next check-up or fluoride treatment as advised by your dentist.
- Contact us if you experience unusual discomfort or have any concerns.

Thank you for trusting Huwaran Dental Clinic — your smile is in good hands!  