

Aftercare Checklist for Professional Fluoride Treatment

Follow these steps for maximum results:

- Wait 30 minutes before eating or drinking anything
- Avoid hot beverages (coffee, tea, soup) for the next 4–6 hours
- Skip hard, crunchy, or sticky foods – choose soft, cool options only
- Do not brush or floss for at least 6 hours
- Avoid alcohol and alcohol-based mouthwash for 24 hours
- Skip prescription fluoride supplements for 2–3 days (unless your dentist says otherwise)
- Resume normal oral hygiene the next day