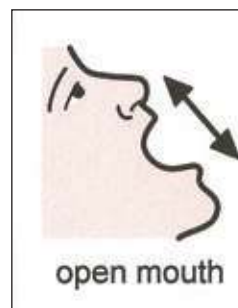


# Having fluoride varnish applied by the dental team *Page 1 of 2*

The dentist or nurse will ask you to sit in the chair.



You will be asked to open your mouth wide.



They will then dry the teeth.



# Having fluoride varnish applied by the dental team *Page 2 of 2*

---

They will brush on the fluoride varnish.



You will then be asked not to eat or drink anything  
for 30 minutes and nothing too hard for 2 hours.

