

## Directions for Your Child's Care After Treatment

5% sodium fluoride varnish was applied to your child's teeth today. This treatment safely delivers fluoride and a protective coating to the tooth surfaces. To obtain the maximum benefit, please follow these recommendations:

- Do not brush or floss for at least 4-6 hours
- If possible, wait until tomorrow morning to resume brushing and flossing
- Feed a soft food diet for the rest of today
- Avoid hot drinks and products containing alcohol (e.g., beverages, oral rinses, etc.) for the rest of today.

Your child will be able to feel the varnish on his/her teeth. Once brushing or flossing is resumed, the varnish will be removed from the tooth surface over the next several days.

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## Tilmaamaha Daryeelka Ubadka Daweynta ka dib

5% sodium fluoride varnish ayaa maanta la mariyey ilkaha ubadkaaga. Daweyntani waxey si badbaado leh u gaarsiisaa fluoride iyo nooc ilkaha dushooda lagu dahaaro. Si aad habkaa uga faa'iideysato, fadlan raac talooyinka soo socda.

- Ha cadayanin hana findhicilan ugu yaraan 4-6 saacadood.
- Haddey suurogal tahay, sug illaa berri subaxi ka dibna billow cadeyga iyo findhicilashada.
- Qaado raashin jilicsam inta manta ka dhimman
- Iska ilaali cabbitaan kulul iyo wixii alkolo lehba (tusaale; cabitaannada, dawada lagu luquqdo, IWM.) wixii manta ka dhiman.

Ubadkaaga wuu/wey dareemmi doonaa/doontaa ilkaha la mariyey VARNISH. Marka la billaabo cadeyga ama findhicilashada, VARNISH-ka wuu ka tirmi doonaa ilkaha dhowrka maalmood ee soo socda.

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