



## **Patient Instructions after a VELLA Fluoride Varnish Treatment**

After applying VELLA, as you rub your tongue on the outside surface of your teeth, you should feel a coating of the varnish. You should also be able to see a thin coating of the varnish on the surface of your teeth.

The treatment period for VELLA is approximately 4 to 6 hours. To achieve the maximum benefit, please follow the directions below.

- **Do not brush or floss your teeth for at least 4-6 hours after VELLA treatment.**
- **Eat a soft food diet during the treatment period**
- **Do not consume hot drinks or products containing alcohol (i.e.: beverages, oral rinses, etc.) during the treatment period.**
- **Wait until the next day to resume normal oral hygiene**

A thorough brushing and flossing will easily remove remaining VELLA. Your teeth will return to the same shine and brightness as before the treatment.

Should you wish to remove any excess VELLA the next day, vigorously brush and floss your teeth. Your teeth will look and feel the same as they did before the treatment.