

**INSTRUCTIONS AFTER FLUORIDE TREATMENTS  
AND SEALANTS**

1. **Don't eat or drink or rinse your mouth for 30 minutes**
2. **Always brush your teeth twice a day.**
3. **Always floss your teeth once a day.**
4. **Be sure to eat only healthy foods between meals and keep your snacks healthy by eating fresh fruits and vegetables like apples, oranges, celery and carrots.**
5. **Eliminate or cut way down on soda beverage consumption. Soda contributes to tooth decay and other health problems such as obesity.**

