



## FLUORIDE VARNISH FOR HEALTHY TEETH

### **What is fluoride varnish and how is it applied?**

- Fluoride varnish is a yellow/golden gel that is painted onto children's teeth by a dental professional.
- It is applied with a cotton bud or a brush.
- It only takes a few minutes to apply and has a fruity taste.
- The colour wears off soon after application.

### **Why is it important?**

- There is strong evidence that painting fluoride onto children's teeth can help reduce tooth decay.
- The Department of Health recommends that fluoride varnish is applied at least twice a year to children aged 3 years and over.
- It is not a substitute for tooth brushing with a fluoride toothpaste, which is also important for protecting teeth from decay.
- It is also still important to control the amount of sugary food and drink that is consumed.

### **Is it safe?**

- Yes it is.
- Excessive fluoride can cause small white spots on teeth, but the risk of developing white spots because of the fluoride varnish is very small.



### **What happens after the fluoride varnish is applied?**

- Children should not eat or drink anything for 30 minutes to 1 hour
- Aftercare instructions will be given to your child on the day.





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