

Fluoride varnish

Your questions answered

What is fluoride varnish?

It is a thin coating of fluoride that is applied to the teeth. The varnish has a pleasant taste and will leave a yellow tint which will gradually wear off.

What are the benefits of fluoride varnish?

Fluoride varnish can strengthen the teeth and help prevent tooth decay. To maximise the benefit, it is essential to brush twice a day with a toothpaste containing at least 1350ppm (parts per million) fluoride. Avoid rinsing after brushing so that the fluoride remains on the teeth.

Who needs it?

- All children from three years of age will benefit from fluoride varnish
- Some adults who are more at risk of tooth decay.

Fluoride varnish strengthens tooth enamel and helps to prevent tooth decay.



How often does it need applying?

This varies; some people need two applications a year, whilst others may require more. It is very important to attend each appointment to get the best possible result.

How is it applied?

The process is simple, painless and takes only a few minutes. The teeth are dried and a thin coating of fluoride is applied to the teeth with a tiny brush. The varnish sets immediately.

Are there any instructions for before the treatment is carried out?

- It is important to eat some food before attending the appointment.
- Brush your teeth before you attend.
- Inform the dentist if you take any medications, have a sore mouth or suffer from any allergies or asthma.

Are there any instructions for after the treatment is carried out?

- Do not brush your teeth for the rest of the day.
- Do not use any high fluoride products such as fluoride tablets, prescribed toothpaste or fluoride mouthrinse for several days after the varnish application.
- Do not eat, drink or rinse for 30 minutes afterwards. Eat only a soft diet for the next four hours.
- In the rare event of an allergic reaction, brush teeth with water to remove the varnish and contact your dentist.



Teeth **before** fluoride application



Teeth **after** fluoride application

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