

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Resources:

British society of Paediatric Dentistry: <https://www.bspd.co.uk/Resources>

Cochrane Oral Health Group:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002279.pub2/full>

Scottish Dental Effectiveness group:

<http://www.sdcep.org.uk/wp-content/uploads/2018/05/SDCEP-Prevention-and-Management-of-Dental-Caries-in-Children-2nd-Edition.pdf>

Photo is courtesy of the Scottish Dental effectiveness group

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Date published: 03/06/2019

Review date: 03/06/2021

Ref: SC/Dent/FV/01

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Fluoride varnish

**A guide for children and parents
and after care instructions**



Why is Fluoride recommended?

Fluoride has an importance role in strengthening the outside layer of teeth (enamel).

Fluoride occurs naturally in some water supplies, but in other parts of the country it is added to prevent dental decay.

Fluoride can also be found in toothpaste and other oral health products.

Fluoride varnish is an effective way to protect your child's teeth.

What is a fluoride varnish?

A fluoride varnish is a paste placed by the dentist on your child's teeth.

It adheres to the tooth surface for a long period (12 hours or more) in a thin layer,

It acts as slow-releasing reservoirs of fluoride

Is fluoride varnish safe?

Fluoride varnishes are considered safe, despite the high fluoride concentration, because the amount of varnish usually applied to treat one child is small.

When should my child have fluoride varnish applied?

It is recommended to apply fluoride varnish between 2-4 times a year, depending on the caries risk, for children over 2 years old.

Aftercare instructions:

It is important that the varnish remains on the teeth as long as possible after the application of fluoride varnish to provide the most benefit.

The teeth treated might have a yellow discolouration. This is temporary and will disappear after tooth brushing.

- **Your child should avoid eating or drinking for 30 minutes following the application**
- **Your child should eat a soft diet for the rest of the day**
- **Please, do not brush your child' teeth tonight. Continue brushing tomorrow morning as normal.**
- **Your child should not take other fluoride tablets, gels, rinses for seven days after the application**

To keep a beautiful smile, remember to brush twice a day with a fluoride tooth paste.

Remember to increase its protective effect "Spit - don't rinse"