



Community Dental Services Whittington Health NHS

Fluoride varnish

After care instructions



Why is Fluoride recommended?

Fluoride is a naturally occurring mineral and has an important 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 teeth.

What is a fluoride varnish?

Fluoride varnish is a high fluoride concentration gel applied by a dentist/dental professional on teeth.

- The active ingredient is Sodium fluoride.
- It prevents tooth decay and is used to reduce sensitivity of very sensitive teeth.
- It sticks to the tooth surface for a long period (12 hours or more) in a thin layer and slowly releases the fluoride to help your teeth stay strong and healthy.



Aftercare instructions:

- It is important that the fluoride varnish remains on the teeth as long as possible after the application to provide the most benefit.
- Your teeth may look a little yellow for a little while, but this is temporary.
- Avoid eating or drinking for 30 minutes following the application.
- Eat a soft diet for the rest of the day.
- **Do not brush teeth the night the fluoride varnish is applied** (or at least until for 4 hours after application)
- Continue brushing the following morning as normal.
- Do not take other fluoride tablets, gels, rinses for seven days after the application.

**Remember! To keep a healthy smile, brush twice a day for two minutes with a fluoride toothpaste. To increase its protective effect-
“Spit - don’t rinse”!**

Delivering Better Oral health <https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention>

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.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs

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