

Fluoride varnish

Information for parents and carers

Other formats

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General information

Fluoride varnish is a concentrated form of fluoride that is applied to tooth enamel and provides extra protection against tooth decay in both baby and adult teeth.

The fluoride varnish sets quickly when it is applied to your teeth and wears off after a few hours.

The application process is simple, takes only a couple of minutes, and does not hurt.

Applying fluoride varnish

The dentist, dental therapist or dental nurse will use a cotton wool roll to dry your teeth, and then paint the fluoride varnish onto your teeth with a small brush.

Once the fluoride varnish has been applied to your teeth you will be advised not to rinse your mouth out, nor to eat or drink for at least half an hour.

Instructions to parents – before fluoride varnish application

Your child should not take any fluoride supplements (fluoride drops or tablets) the day before and the day of the treatment. However, **it is safe for your child to brush their teeth with fluoride toothpaste as usual.**

Your child's teeth may look slightly yellow for a few hours after the fluoride varnish application. This is normal and will wear off the next time the teeth are brushed.

If your child has asthma or any allergies to foods, medicines or sticking plasters, please tell the dental team before your child starts their treatment.

Eating before treatment can help so that your child can avoid eating too soon after the fluoride application.

Instructions to parents – after fluoride varnish application

Varnish must stay on the teeth for as long as possible to have the greatest benefit.

Your child should not eat or drink for at least half an hour after the procedure.

Ideally eating should be delayed for several hours to allow the varnish to have its maximum effect, though we understand this may not always be possible.

Eating soft foods for the rest of the day can also help the varnish not to wear off too quickly.

Do not to brush your child's teeth **until bedtime** after the application of varnish.

Your child should not take any fluoride supplements (fluoride drops or tablets) for two days after treatment. However, **it is safe for your child to brush their teeth with fluoride toothpaste as usual.**

Further information

If you have any questions about this information leaflet, please contact the Salaried Dental Service.

Exeter NHS Dental Access Centre

3rd Floor
Royal Devon and Exeter Hospital
(Heavitree)
Gladstone Road, Exeter
EX1 2ED

Tel: 01392 405718

Email: ndht.sds-exeter@nhs.net

Website: www.healthyteethdevon.nhs.uk

Barnstaple NHS Dental Access Centre

3rd Floor
Barnstaple Health Centre
Vicarage Street, Barnstaple
EX32 7BH

Tel: 01271 370562

Email: ndht.sds-barnstaple@nhs.net

Website: www.healthyteethdevon.nhs.uk

References

bspd.co.uk/Dental-Check-by-One

www.dentalhealth.org

www.nct.org.uk

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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