

# Fluoride varnish

## Information for parents and carers

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.

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.

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.**

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.

**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.**

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

**Exeter NHS Dental Access Centre**

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## Have your say

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