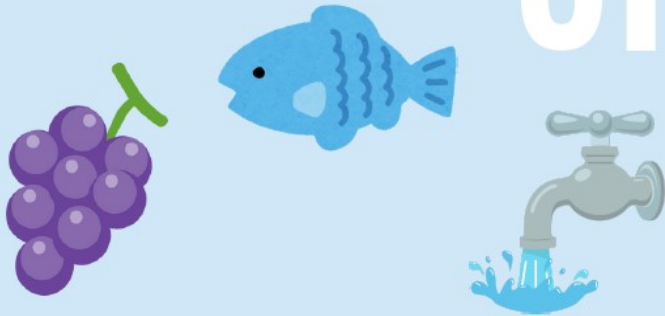


Fluoride Varnish: Mythbusting



What is it and how does it work?

01



Fluoride is natural

Fluoride can be found everywhere – in the air, in our water and in our food! It is a mineral that is naturally present in soil and water and some food likes fish and fruit. Fluoride is scientifically proven to strengthen teeth, making them more resistant to decay, compared to teeth that haven't been exposed to fluoride.

What is Fluoride Varnish?

It is a pale, yellow, gel which is painted on to children's teeth using a soft brush. The varnish sets quickly and has a pleasant taste and a fruity smell.

Many scientific studies from around the world have shown that it is effective in reducing tooth decay in children, when used in addition to brushing regularly with fluoride toothpaste.

Your child should be offered fluoride varnish at least twice-yearly from the age of two years by their own dentist.

02



School fluoride varnish programme

Your child might be invited to be part of a school/nursery fluoride varnish programme. A dental team will visit the schools and see children in small groups.

- If your child has already received fluoride varnish from the dentist – it is safe for them to have it applied at their school/nursery. They will receive an additional benefit and their teeth will come to no harm
- You should let your dentist know if it has recently been applied at nursery or school. This allows the dental team to space out your child's fluoride varnish applications to ensure the maximum benefit.

03



For more information about our school fluoride programmes, please scan the QR code:



Amount is important

Although fluoride is very good for our teeth it is important to use the right amount.

- Children who swallow too much fluoride over a long period of time may develop white spots on their teeth, although this is very unlikely. This is not tooth decay.

Brush your child's teeth and gums at least twice daily, in the morning and last thing at night. Use toothpaste containing at least 1,000 parts per million (ppm) fluoride. Only a smear for under 3 years old, pea size for under 6 years old.

04

