

Fluoride Varnish

Special Care Dental Service



Who is this leaflet for?

This leaflet is for parents and carers to give information on fluoride varnish.

What is fluoride varnish?

Fluoride varnish is a high fluoride golden gel which helps prevent tooth decay in your child's teeth.

How is the varnish applied?

- Firstly the dentist, dental therapist or dental nurse will dry your child's teeth using a cotton wool roll
- The fluoride varnish will then be applied onto your child's teeth using a small brush
- The process is simple, quick and painless.



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What should we do before the fluoride varnish is applied?

- We advise your child to eat before the appointment as they will need to avoid food and drink for at least 30 minutes afterwards
- Your child should not take any fluoride supplements (fluoride drops or tablets) the day before and on the day of treatment
- **Your child's teeth should still be brushed with fluoride toothpaste as normal**
- If your child has asthma or any allergies please tell the dental team before treatment takes place.

What should we do after the fluoride varnish is applied?

- Your child should not eat, drink or rinse their mouth for at least 30 minutes. This allows the varnish to set
- The varnish must stay on the teeth for as long as possible to have the greatest benefit
- Eating soft foods for the rest of the day can help prevent the varnish wearing off quickly
- Your child's teeth should not be brushed until bedtime after the varnish application
- Your child should not take any fluoride supplements (fluoride drops or tablets) for two days after treatment
- It is safe for your child's teeth to be brushed with fluoride toothpaste as normal.



What are the Advantages of fluoride varnish?

- Helps prevent your child's teeth becoming decayed
- Reduces the chance of your child requiring fillings or teeth taken out in the future
- Applying the fluoride varnish is a quick and painless procedure.

Do you have any questions about this leaflet?

Please contact the Wolverhampton Special Care Dental Service

Dental Office:

Pennfields Medical Centre
Upper Zoar Street
Wolverhampton
WV3 0JH
Tel: 01902 446681

Email: rwh-tr.pennfields-dental-services@nhs.net

The service is open Monday to Friday at the following times:

Morning Session: 08:30 - 12:30

Afternoon Session: 13:30 - 17:00

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。