

# Fluoride Varnish

**Fluoride varnish is a preventative treatment that helps to protect children's teeth from tooth decay**

Fluoride is a natural mineral that protects teeth by strengthening them and reducing the risk of tooth decay. It aids in repairing early signs of damage.

- Fluoride varnish is a paste that is applied by dental professionals to the teeth using a soft brush. It dries clear on the teeth and has a pleasant flavour.
- The brand we use in our clinics is FluoroDose. This has 22,600ppm of fluoride whereas your everyday toothpaste probably has 1,000-1,400ppm fluoride!
- We apply it up to two times per year from the age of 2 years old.



## Instructions after use:

- The fluoride varnish should remain on the child's teeth for the rest of the day. It dries in seconds when it comes into contact with the teeth so children are less likely to swallow it.
- For best results, avoid eating and drinking for 30 minutes after it has been applied. Brush their teeth as normal when they go to bed at night.



Children who swallow too much fluoride can develop white spots on their teeth. The risk of developing white spots as a result of fluoride varnish is very low.

Supervise your child's brushing twice a day and only use a half-pea sized amount of toothpaste for children aged 5 and under, and a pea-sized amount for over 5s.



For more information about fluoride search for this phrase online:

*"Guidelines for the Use of Fluorides"*  
- Ministry of Health NZ

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