

Building Brighter Smiles Fluoride Varnish Programme

Aftercare Instructions

Your child has had their teeth painted with fluoride varnish today

We recommend that:

- * Your child avoids eating and drinking for 30 minutes after the application and if possible, eat soft food for the rest of the day.
- * Because we would like the varnish to remain on their teeth overnight it is recommended that you do not brush your child's teeth tonight, but from tomorrow morning brush your child's teeth as normal.
- * If your child has a reaction to the fluoride varnish get them to brush their teeth and rinse with water.
- * If you have any concerns or worries about your child after the varnish has been applied, please contact your dentist or the Fluoride Varnish Team on 01274 202464
- * It is still very important to brush their teeth twice a day with fluoride toothpaste which contains at least 1000ppm of fluoride.
- * Your child should visit the dentist regularly – If you need help finding a dentist visit www.nhs.uk.

- * If your child has received their 1st, 2nd or 3rd application of fluoride with us, we will arrange to paint your child's teeth with fluoride varnish again in about 6 months time. Any children receiving their 4th application of fluoride varnish will now be discharged by the programme but may access further fluoride varnish applications from a family dentist.