

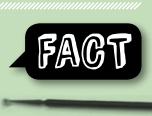
Fluoride varnish is painted on the tooth surface by an oral health professional.

WHAT IS

FLUORIDE

VARNISH?

Fluoride varnish gives extra protection against tooth decay.



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#### FLUORIDE

Fluoride is found naturally in lots of things including water, air, foods and in your teeth and bones. It is also added to most toothpaste.

# FLUORIDE VARNISH - POWERFUL STUFF!

Fluoride helps prevent tooth decay by:

> making	> helping to	> making
teeth more	repair acid	bacteria less
resistant to	damage	able to change
acid attack		sugars into
		damaging acid

#### AFTER YOUR FLUORIDE TREATMENT

- > You may notice your teeth are a yellowish colour (this will soon disappear).
- > Avoid eating for at least 4 hours.
- > Eat soft foods for the rest of the day.
- > Avoid hot foods during this time.
- > Don't brush your teeth until the next day.



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