

# WHAT IS FLUORIDE VARNISH?

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

**Fluoride varnish  
gives extra  
protection  
against tooth  
decay.**

**FACT**

## 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 teeth more resistant to acid attack

> helping to repair acid damage

> making bacteria less able to change 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.

