

WHAT IS FLUORIDE VARNISH?

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

Fluoride varnish
gives extra
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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 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.



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