WHAT IS FLUORIDE VARNISH?

Fluoride varnish gives extra protection against tooth decay. Fluoride varnish is painted on the tooth surface by an oral health professional.
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.