

Fluoride application

Benefits of fluoride application

Fluoride is a natural mineral that strengthens tooth enamel.

Fluoride helps prevent sensitivity and tooth decay.

We can apply fluoride varnish to baby and adult teeth.

How often can fluoride be applied?

Public Health England's NICE guidance recommends fluoride varnish be applied twice a year, but this can be increased if necessary.

On the day of fluoride application

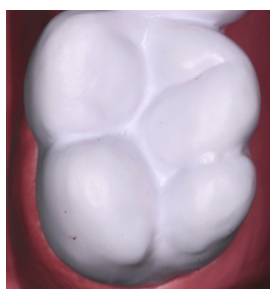
If you have any sore areas in your mouth, we will not apply the fluoride varnish.

If you regularly take fluoride tablets or drops, do not take these on the day of the fluoride varnish application. You can start taking them again 48 hours (two days) after the application.

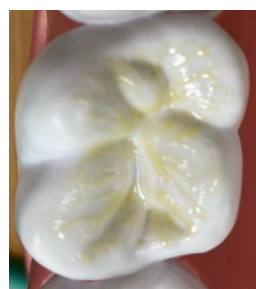
The fluoride varnish is a pale yellow gel that has a pleasant taste and a fruity smell. It sets quickly when we apply it to the tooth surface.

The yellow appearance of the varnish fades and it will not stain your teeth.

We will keep the tooth dry with cotton wool rolls and apply the fluoride varnish with a very small soft brush.



Before application



After application

Aftercare

Do not eat or drink for approximately 30 minutes after the fluoride varnish application. For best results, avoid hot and sticky foods for 4 hours.

Eat soft foods at your next mealtime.

Continue to brush your teeth twice a day for at least 2 minutes morning and evening.

Risks of fluoride application

If you suffer from any allergies, please tell your clinician as this may affect the application of fluoride varnish.

Dental fluorosis is a condition that occurs when children's teeth are exposed to too much fluoride when they are developing. Mild dental fluorosis appears as fine, pearly white lines or flecking on the tooth surface. Severe dental fluorosis can cause tooth enamel to become pitted or discoloured. In the UK, fluoride levels in drinking water are carefully monitored and so it is uncommon for dental fluorosis to be severe enough to affect the appearance of teeth.

If you have any concerns about your fluoride varnish application, please contact the Orthodontic department or Mouth Care Matters team.

Fluoride toothpaste advice

- **Children under 3 years old** should brush twice daily, with a smear of toothpaste containing at least 1,000ppm fluoride.
- **Children between 3 and 6 years old** should brush at least twice daily with a pea-sized amount of toothpaste containing more than 1,000ppm fluoride.
- **Adults** should brush at least twice daily with a toothpaste containing 1,350-1,500ppm fluoride.

Contains public sector information from
<https://www.nhs.uk/conditions/fluoride/>
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