

What is Fluoride Varnish?

Your child's school has been selected to apply fluoride varnish to its students. Here's everything you need to know about fluoride varnish before you provide consent to have it applied to your child.

Simple, safe, scientifically proven.



What is it:

- A clear or pale yellow gel
- Painted onto children's teeth
- Applied by qualified dental professionals only
- Hardens into a protective coating in saliva

What does it do?

- Reduces tooth decay by up to 43%
- Strengthens tooth enamel
- Protects high-risk areas where plaque builds up
- Provides immediate and long-lasting benefits

Why We Offer It:

- * Recommended by the NHS and NICE guidelines
- * Particularly beneficial for children in high-risk communities
- * Safe, painless, and highly effective at decay prevention

The application process

How it works:

The Treatment area is thoroughly cleaned, and new gloves are applied

1

Children with consent are called individually to a quiet area

2

A dentist applies fluoride varnish with a microbrush

3

The dentist will check for plaque and decay*

4

Children return to normal class.

5

What Children Can Expect

Children May Notice:



A slightly sticky feeling for a few hours



Taste might be different briefly



Teeth might look slightly shiny

This is all completely NORMAL!

Your Child Should:



Eat and drink normally after the application



Continue to brush that evening as usual



Avoid very hard foods for 2-4 hours after the application.



FAQs;

Is it safe?

- * Yes, it's completely safe and widely used by the NHS
- * It is applied only by qualified dental professionals
- * It is recommended by NICE health guidelines
- * It has been used successfully in thousands of schools
- * Your child can eat and drink normally afterwards

Remember: Fluoride varnish has been used safely for decades.

Why does my child need this?

- * It provides extra protection for growing teeth
- * Particularly helpful for children in our community
- * Prevents problems before they start
- * Works alongside good brushing at home
- * Many children benefit from this additional support

Remember: It's proven to help protect growing teeth.

What if I don't want my child to have it?

- * That's completely your choice as a parent.
- * Your child will still participate in all other programme activities (such as learning how to brush properly)
- * No pressure - we respect all family decisions, and that choice is entirely up to you.

Remember: Consent is always voluntary and respected.