

Fluoride Varnish

Information for Parents



Fluoride varnish is a pale yellow gel that is applied by dentists and dental therapists to children's teeth using a soft brush. The varnish sets quickly, has a pleasant taste and a fruity smell.

The brand we use is 3M ESPE Omni Cavity Shield (for constituents see "Materials we use" on Bee Healthy website).

Scientific studies have shown that Fluoride varnish provides extra protection against tooth decay when used in addition to brushing teeth twice a day with an adult-strength fluoride toothpaste.

Your child will be offered a fluoride varnish application at least once a year from the age of two if appropriate. This is applied to teeth at the Bee Healthy clinic or on the mobile at your child's school.

Some children will not have fluoride varnish applied because they have a medical history of allergies (specifically sticking plaster) or have previously been hospitalised due to asthma or allergies. If this is the case for your child, a full individual risk assessment will be carried out by your dentist or therapist and a decision taken on whether it is clinically appropriate for fluoride varnish to be applied.

On the day of application

The fluoride varnish should remain on the child's teeth for the rest of the day. Avoid giving them anything to eat or drink for 30 minutes afterwards and brush their teeth as normal before they go to bed at night.

Children who swallow too much fluoride (usually from being given too much toothpaste on their brush over long periods of time when they are little) can develop white spots on their teeth. You can avoid this by using a smear of adult strength toothpaste for under-fives and a pea sized amount for over-fives. The risk of developing white spots as a result of fluoride varnish is very small.