

*'Bradford Healthy Smiles'*

## Fluoride Varnish Programme



**The Community Dental Service will be visiting  
Dixons Marchbank Primary School  
for the Fluoride Varnish Application Session  
On  
Tuesday 23<sup>rd</sup> November 2021**

Dear parent / legal guardian,

The oral health team will be visiting your child's nursery/school to apply fluoride varnish. If you wish for your child to receive a fluoride application, please complete and submit the e-form by clicking on the link. Can you please complete the form within 7 days.

<https://eforms2.bdct.nhs.uk/Dental/Consent/#!/eForm>

If you wish to complete a paper consent form please see the office within nursery/school

Please also refer to the frequently asked questions and should you require any further information, please contact the team:

- Telephone :01274 259084
- Email: [ohp@bdct.nhs.uk](mailto:ohp@bdct.nhs.uk)

# Community Dental Service Fluoride Varnish programme

## Frequently Asked Questions

### What is fluoride varnish?

Fluoride varnish is a gel which can help protect teeth from decay by making the tooth surface stronger. Painting fluoride varnish on teeth twice a year and regular daily toothbrushing with a fluoride toothpaste, can help to prevent tooth decay.

### What does fluoride varnish look like?

It is a golden gel that is painted on to teeth, tastes pleasant and sets quickly. It wears off with brushing and eating.

### Who can have fluoride varnish on the programme?

Children aged 2 to 4 years.

### How is fluoride varnish applied and who will apply it?

The dental nurse will check your child's teeth and using a small brush will paint on the fluoride varnish.

### Can I be present when fluoride varnish is applied?

Yes. The dental nurses are happy for you to be there if you feel this would make things easier for your child.

### Can my child have too much fluoride?

There is no evidence that fluoride varnish causes health problems

### Does fluoride varnish contain alcohol?

Duraphat fluoride varnish is a medicine which contains a small amount of ethanol. The West Midlands Shari'ah Council has advised that they approve the application of fluoride varnish to children's teeth.

### Toothbrushing advice:

- For children **3 years and under** brush teeth twice a day with a smear of fluoride toothpaste containing no less than 1000ppm fluoride.
- For children **aged between 3 and 6 years** brush teeth twice a day using a pea sized amount of family fluoride toothpaste containing 1350-1500ppm fluoride.
- Encourage your child to spit out, but not rinse their mouth with water after brushing.
- Do not give children more toothpaste if they eat the paste from the brush.

**We will not apply the varnish if...**

- Your child has a sore mouth or is unwell.
- Your child has severe asthma or allergies that have meant a stay in hospital.

**Where can I get more information?**

The Oral Health Improvement Team will be able to answer any questions you may have. If you are at all worried please ask the dental nurses for further information.

Or you can call the Oral Health Improvement Team: Tel: 01274 259084

Email: [ohp@bdct.nhs.uk](mailto:ohp@bdct.nhs.uk)

Ref: Adapted from Childsmile—Scotland

NHS North Central London Fluoride Varnish  
Programme