



childsmile.nhs.scot

Fluoride Varnish Application

What you need to know if your child has had fluoride varnish applied to their teeth.

It is important the pale yellow varnish stays on their teeth as long as possible.

Your child should eat soft foods for the rest of the day, which will help the varnish to stay on their teeth longer.

If your child uses fluoride drops or tablets these should not be given for 2 days after the fluoride varnish has been applied. After that, continue as directed.

Visit [Fluoride Varnish](#) for more information or scan the QR code.



In around 6 months we will arrange to apply fluoride varnish to your child's teeth again. Childsmile will contact you to update your child's medical history and personal details.

Keeping your child's teeth healthy at home

- Brush teeth and gums at least twice daily, in the morning and last thing at night. Use toothpaste containing at least 1,000 parts per million (ppm) fluoride.
- Children should be supervised and encouraged not to swallow toothpaste while brushing.
- 'Spit, don't rinse' after brushing – this gives the toothpaste time to work to protect teeth.
- Keep food and drinks containing sugar to mealtimes only.
- Plain milk and tap water are the safest drinks for teeth.
- Register with a dentist and visit as advised.

If you have any questions, you will find your local Childsmile contact [here](#) or scan the QR code.



childsmile.nhs.scot