



## Portway Dental Practice

# Fluoride Application



### WHAT IS A FLUORIDE APPLICATION?

Fluoride is a natural mineral that helps to prevent tooth decay and it can be found in many foods, toothpastes and all drinking water. Fluoride can also be applied directly onto children's teeth in the form of a golden varnish using a soft brush. The application is totally painless and quick, usually taking between 10-15 minutes to apply. It even has a pleasant taste and a fruity smell!

The varnish hardens on the tooth just after being applied, so the fluoride can be in contact with the outer surface of the tooth for a long period of time. The teeth will have a yellowish appearance for a short period of time which will fade with eating, drinking and brushing.

### HOW OFTEN DOES FLUORIDE NEED TO BE APPLIED?

PDS recommends that the fluoride varnish should be applied to children's teeth twice yearly .

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## WHY IS FLUORIDE VARNISH GOOD FOR MY CHILD'S ORAL HEALTH?

Fluoride varnish is effective in the prevention of decay in children's teeth. Even in very low levels fluoride is able to reduce the conversion of dietary sugars into acid by plaque, thus reducing the chances of tooth decay. Fluoride has also been proven to remineralise the tooth and can be used to treat dentine hypersensitivity.



## HOW CAN PDS HELP YOU?

Only specially trained dental staff can apply fluoride varnish and here at Plumstead Dental Surgery we offer the fluoride varnish treatment to children to help minimise the chances of developing cavities in the future.

If this is something you are interested in, or wish to hear more about, please speak to a member of the PDS team who will be happy to help.

### Our Address

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Calls are charged at local rates from a BT landline

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