

## Emergency out of hours contact

- Patients living in Halton, St Helens, Warrington and Cheshire should telephone 0161 476 9651
- Patients living in Ashton, Leigh and Wigan should telephone 0333 332 3800
- Patients living in Tameside and Glossop, Stockport and Trafford should telephone 0333 332 3800
- Patients living in Bolton should telephone 0333 332 3800

**Local Community Pharmacy** - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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**Bridgewater  
Community Healthcare**  
NHS Foundation Trust

## Community Dental Services

### Information about Fluoride Varnish Treatment

## What is fluoride varnish and why do you use it?

Fluoride varnish is a concentrated form of fluoride which is applied to tooth enamel. It provides extra protection against tooth decay.

The regular application of fluoride varnish has been shown to help prevent dental decay in both baby and adult teeth.

## How does fluoride varnish work?

Fluoride varnish works by strengthening your tooth enamel to make it more resistant to decay.

The fluoride varnish sets quickly when it is applied to your teeth and wears off after a few hours.

The application process is quick and simple; it will not hurt.

## How is fluoride varnish applied?

The dentist will use cotton wool roll to dry the teeth you are having treated. The fluoride varnish will then be painted onto your teeth with a small brush.

You will not be allowed to rinse your mouth out after the fluoride varnish has been applied to your teeth.

You will be asked not to eat or drink for 30 minutes after the fluoride varnish has been applied.

## Can fluoride varnish cause side effects?

As with any medicine, the fluoride varnish may cause unwanted effects in some patients. These are most likely in patients who are allergic to any of the ingredients. If necessary, the fluoride varnish can be easily removed by brushing your teeth and rinsing.

You should advise the dentist if:

- You are hypersensitive to any of the ingredients
- You have asthma
- You have mouth ulcers or other soreness of the soft tissues of your mouth.

One type of fluoride varnish can leave a yellow tint on the teeth but this will wear off after about 10 minutes.

## Is there anything I need to do after the treatment?

To allow the fluoride varnish to work well you should not eat, drink or brush your teeth for at least 30 minutes after having the fluoride varnish applied to your teeth.

You should only eat soft foods and liquids during the first four hours after having the fluoride varnish application.

You should not take fluoride supplements (tablets or drops) when fluoride varnish has been applied but you can brush as normal with a fluoride toothpaste

You will be given advice on good tooth brushing and healthy eating at the end of your treatment.