

Oral Health Services

What is Fluoride Varnish?

Why do we want to paint fluoride varnish on children's teeth?

Fluoride varnish can protect both baby and adult teeth.

What is fluoride varnish?

It is a protective coating which is painted on the teeth to stop cavities forming and to slow down cavities which may have started. It is recommended for children of all ages that are at risk for cavities (even infants).



Is fluoride varnish safe?

Yes, it has been used widely around the world. Only a very small amount is used. *The correct amount of fluoride varnish is the size of a pea and less than a Panadol tablet.*

Why do we ask if your child has asthma?

In a very small number of cases fluoride varnish application may trigger an asthmatic reaction. However, the chance of this happening is very rare, and easily managed.

How is it put on?

It is painted on with a small brush.

Although it starts off a pale yellow colour it quickly becomes almost invisible once it is on the teeth. It does not hurt – it is very quick. It dries quickly and tastes a bit like banana or bubble gum.



What happens afterwards?

It works best if it is not disturbed for a while. So it is best if the child only eats soft foods for the rest of the day. The teeth should not be brushed or otherwise cleaned until next day.

How long does it last?

It lasts up to 6 months. It would be best if we can come back in 6 months to put another coating on your child's teeth.

What will we be doing?

Metro South Oral Health Services will be providing all students with a classroom talk about good oral health, plus a toothbrushing lesson. After this, if you consent to your child participating, our friendly staff will apply fluoride to your child's teeth in a classroom environment.

If you have any questions, please email: metrosouthoralhealth@health.qld.gov.au

Information provided by the Australian Research Centre for Population Oral Health

What is Fluoride Varnish?

Date: 01/01/2016 Review: 01/01/2017