

# Fluoride Varnish Programme



*Happy smiles*

As part of the NHS dental services programme to improve oral health, children aged 3 years and over can be given extra protection from tooth decay by having fluoride varnish applied to their teeth.

Iosis dental clinic offer fluoride varnish application **free of charge**, to children up to 18 years old, at their practice in Southgate street, Winchester. This is part of their oral health prevention “Happy Smiles” campaign in collaboration with schools in Winchester. To find out more please visit [www.iosisclinic.co.uk](http://www.iosisclinic.co.uk)

Providing NHS Dentistry



### What is the fluoride varnish programme?

Fluoride varnish protects teeth from decay. Research has shown that it is very effective if applied at appropriate/regular intervals. This preventive programme is being offered FREE OF CHARGE to children between 3 and 18 years old. The application will be done by a trained dental care professional.

### What does fluoride varnish look like?

Fluoride varnish is a golden gel that sets quickly when it is applied. The golden colour helps the person who is applying the gel to see where it has been placed. This golden colour is removed during toothbrushing.

### Does the fluoride varnish have a taste or does it smell?

It has a pleasant taste and a fruity smell.

### How is the fluoride varnish applied?

Fluoride varnish is applied using a small brush. The application is not uncomfortable for your child.

### Can anyone have too much fluoride?

The risk of developing white spots as a result of this application is minimal. Patients should suspend any fluoride drops or tablets for seven days after the application of fluoride varnish.

Following the application of fluoride varnish avoid toothbrushing for the rest of the day.

Toothbrushing with a fluoride toothpaste should resume the following day.

### How many times should fluoride varnish be applied?

At your dental appointment the dentist will advise how many times fluoride varnish should be applied each year.

### Is there any reason why my child should not have fluoride varnish applied?

If the patient has severe asthma or severe allergies that have required hospital treatment they should not have fluoride varnish applied. However, during the appointment at Iosis clinic, the patient will undergo a full dental examination and the dentist will ensure that they are a suitable candidate for fluoride varnish.

### Appointments can be booked by:

Phone: 01962 670 501  
 Online: [www.iosisclinic.co.uk](http://www.iosisclinic.co.uk)  
 Email: [reception.winchester@iosisclinic.co.uk](mailto:reception.winchester@iosisclinic.co.uk)



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