

FLUORIDE VARNISH

Fluoride varnish is a highly concentrated form of fluoride which is applied to the tooth's surface, by a dentist, dental hygienist or other health care professional.

Frequently Asked Questions

1. **What is Fluoride Varnish?**

Fluoride is a chemical ion of the element fluorine. Fluoride is found naturally in water, foods, soil, and several minerals. Fluoride varnish is composed of a high concentration of fluoride as a salt or silane preparation in a fast drying, alcohol and resin based solution.

2. **How is Fluoride Varnish applied?**

Fluoride varnish is a pale yellow gel that sets quickly when applied to the teeth using a soft brush. This allows for sustained fluoride absorption by the teeth over time. The teeth will have a white appearance and feel sticky for 24 hours. You should not eat hot, hard or sticky foods for the rest of the day, or brush your teeth until the next morning..

3. **What are my risks of Fluoride Varnish?**

- Fluoride varnish contains pine nuts. If an allergy to nuts is present, it would be advisable either to use a fluoride varnish which is pine nut free, or test with pine nuts if the product is to be used.
- There is also an additional concern with a rare allergic response to the rosin from which the varnish is made.
- Fluoride varnish is available made from a synthetic resin, so there is no risk of nut or rosin allergy. Please discuss this with your dentist.

4. **What are my alternatives to Fluoride Varnish?**

- There are no known alternatives to fluoride that provide equal benefit for the health and strength of tooth enamel.
- There are different delivery methods for fluoride such as gel, foams, and rinses. Varnish has proved to be a very popular delivery method due to the ease of use and delayed release

5. **What are my risks of not using Fluoride Varnish?**

Generally, there is a significantly increased risk of developing cavities.



Examples of Fluoride Varnish