



INSTRUCTIONS

After Fluoride Varnish

Your child has had fluoride varnish applied today.
We want it to stay on the teeth for as long as possible

We recommend that your child:

- Avoids eating too soon after the varnish is applied
- Eats soft foods for the rest of the day
- Skips tooth brushing tonight, for overnight protection



If your child has a regular Dentist could you please inform them that your child has had Fluoride Varnish applied in the school

From tomorrow morning, your child should brush as normal.

Your child's smile can make a lasting impression
We say let's make smiles that last forever!

Here are 6 tips for your child from Big Bad Wolf:

- 1 Brush twice a day for 2 minutes...
once before bedtime, one other time in the day.
- 2 Use a small pea sized amount of fluoride toothpaste.
Spit, don't rinse when finished, it gives the fluoride more time to protect the teeth.
- 3 Avoid sugary or fizzy drinks. Milk and water are smile friendly drinks
- 4 Have less sugary foods. Make healthy choices like fresh fruit and cheese.
- 5 Visit your Dentist for a check up every six months.
- 6 Restrict sugar to meal times only, and certainly no more than 4 times a day.



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