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# Looking after your child's teeth

Visit a dentist regularly for preventative treatments

## Fluoride varnish

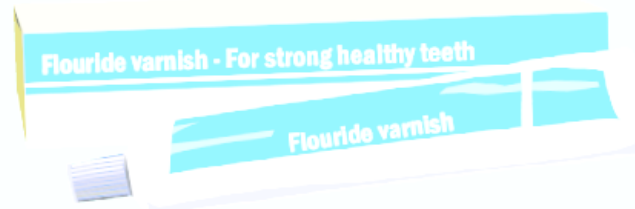
Fluoride varnish is a protective coating that is painted on the teeth. The varnish releases fluoride over a period of time which strengthens teeth and prevents tooth decay.

## What does it involve?

A small amount of fluoride varnish is painted over the tooth surfaces using a small brush, where it dries instantly. It is quick, easy and has a pleasant, fruity taste.

## Is it safe?

Yes, it is safe. There are no side effects. Use of fluoride varnish is part of the Delivering Better Oral Health recommendations, published by the Department of Health in 2008.





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**Brush twice daily,  
morning and night**

**Night time is the  
most important!**



**Spit out after  
brushing...**

**don't rinse!**