

## Have you asked your dentist about fluoride varnish?

Children should be offered  
fluoride varnish treatment  
at least twice a year,  
from the age of 3



- ☺ Fluoride varnish can be applied to both baby teeth and adult teeth by a dental professional
- ☺ It can be applied every 6 months or more frequently, as prescribed by a dentist
- ☺ Varnish containing a concentrated level of protective fluoride is painted onto the surface of the teeth
- ☺ It can strengthen teeth, making them more resistant to decay
- ☺ It usually has a pleasant taste