

## Keeping your child's teeth healthy at home

- Brush teeth and gums at least twice daily, in the morning and last thing at night. Use toothpaste containing at least 1,000 ppm (parts per million) fluoride.
- Children should be supervised until the age of 7 and encouraged not to swallow toothpaste while brushing.
- 'Spit, don't rinse' after brushing – this gives the toothpaste time to work to protect teeth.
- Keep food and drinks containing sugar to mealtimes only.
- Plain milk and tap water are the safest drinks for teeth.
- Register with a dentist and visit as advised.



**Healthier  
Scotland**  
Scottish  
Government



## Fluoride varnish aftercare instructions

Your child had his/her teeth painted with fluoride varnish today which helps protect their teeth.

It is important that the pale yellow varnish remains on their teeth for the rest of the day and overnight tonight to provide the best possible benefit.

You should let your dental practice know fluoride varnish has recently been applied at nursery or school. This allows the dental practice to space out your child's fluoride varnish applications to ensure maximum benefit.

## We recommend that:

- your child should not be given fluoride drops or tablets for two days after the fluoride varnish application. After that, continue as directed
- your child should eat soft foods for the rest of the day, which will help the fluoride varnish to stay on the teeth for longer
- you do not brush your child's teeth tonight, but from tomorrow morning brush them at least twice daily, in the morning and last thing at night.



## Important

In about six months we will arrange to apply fluoride varnish to your child's teeth again. You will be contacted by Childsmile and given the opportunity to update your child's medical history and personal details. Please remember to complete and return the form if there are any changes to these details.

**Please remember to take this card to the dentist at the time of your next visit.**

If you have any problems or questions, please contact:

Dental health support worker [contact details]

For more information on Childsmile, visit [www.child-smile.org.uk](http://www.child-smile.org.uk)