

What is Fluoride Varnish?

Fluoride varnish is 'tooth medicine' painted on the teeth by health professionals.

Fluoride varnish gives extra protection against tooth decay.

Fluoride is found naturally in lots of things including water, air, foods and in our teeth and bones.

It is also added to most toothpastes.

Date of next fluoride varnish application:

___/___/___

Home Care Instructions

Teeth can look yellow but this will soon go away.

For the next 4 hours, avoid hard or crunchy foods if possible. This lets the fluoride stay on your teeth for longer. You can still drink and eat softer foods.

Brush and floss teeth as normal - morning and night.

Let your dental professional know you are having fluoride varnish applied by your Aboriginal and Torres Strait Islander Health Practitioner.

Artist: Madison Connors (nee' Saunders), a proud and strong Yorta Yorta (Wolothica), Dja Dja Wurrung and Kamilaroi woman and mother to two booris (babies), Marley and Yindi.

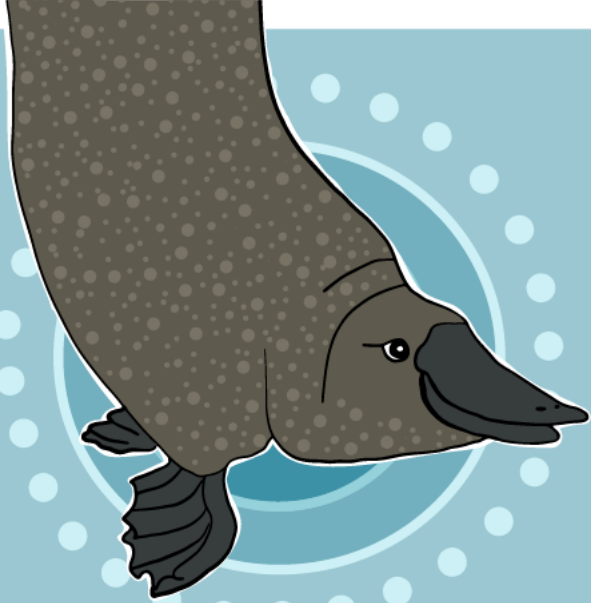
Written with the help of my 4 year old son.

OHV would like to acknowledge the traditional custodians of country throughout Australia and recognise their continuing connection to land, waters and community. We pay our respects to them and their cultures, and to Elders both past and present.

FLUORIDE VARNISH

DEADLY
FOR TEETH

CARE AT HOME



DRINK WELL

Deadly teeth need good drinks

Tap water is the best drink for everyone – it keeps our teeth and bodies healthy.



Tap water contains fluoride which helps keep teeth strong and protects teeth against decay.



Plain milk is also a healthy drink.

Drinking sugary drinks regularly can cause tooth decay.



Many popular drinks contain lots of sugar.



EAT WELL

Deadly teeth need good foods

Foods good for our teeth are also good for our bodies.



Choose fresh foods rather than processed foods. Sugar is added to many packaged foods – some you may not expect.

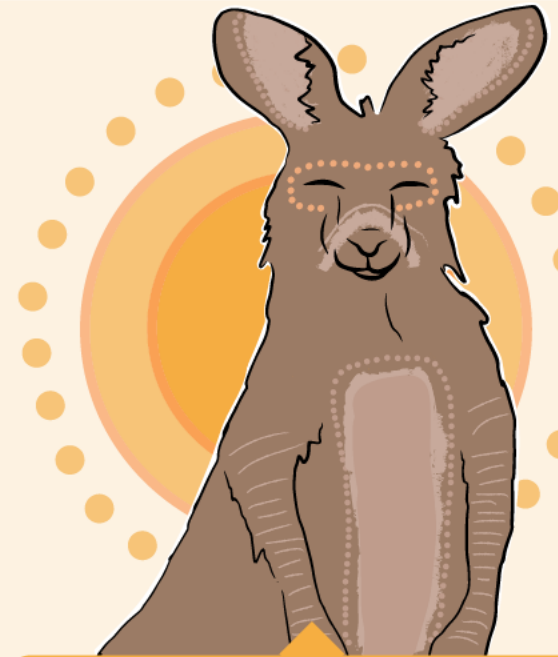


Snack on fruit and veggies.

Enjoy dairy foods like cheese and yoghurt – these are good for our teeth and bones.



Eating lots of sugary foods can lead to tooth decay.



CLEAN WELL

Deadly teeth need brushing twice a day

Use a soft toothbrush.



Use a pea-sized amount of fluoride toothpaste.

Brush in small circles – brush the outside, then the inside of the teeth.



To brush the back teeth – top and bottom – brush back and forth.

After brushing, spit out the toothpaste. Don't rinse with water. The bit of leftover toothpaste keeps protecting teeth.



Brush in the morning and at night before bed.

Regular dental check-ups are important. Public dental care is free for Aboriginal and Torres Strait Islander people.