

FLUORIDE VARNISH

DEADLY FOR TEETH

INFORMATION AND REGISTRATION



Aboriginal & Torres Strait Islander Health Practitioners

from _____
will be at _____
to apply FREE fluoride varnish
to your teeth on _____

What is fluoride varnish?

Fluoride varnish is a tooth medicine. It's a special liquid made with fluoride that is painted on the teeth using a small soft brush.

What does fluoride varnish do?

When it is painted on the teeth it forms a protective covering that makes teeth stronger and helps prevent tooth decay (holes in teeth).



What you need to do

1. READ this information sheet.
2. FILL IN and sign the form on the next page.
3. RETURN the form as soon as possible.

Fluoride varnish is safe, it doesn't hurt and only takes a few minutes to apply.

We believe that keeping teeth healthy is part of keeping our whole bodies well.

We want to make sure everyone is supported with preventive care that keeps teeth strong and healthy.

FLUORIDE VARNISH

information sheet

How does fluoride protect our teeth?

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

Fluoride makes our teeth stronger and protects them from tooth decay.

Fluoride is added to most toothpaste. Most tap water in Victoria has fluoride in it too.

Fluoride varnish has more fluoride than toothpaste and is a sticky liquid that forms a protective coating on teeth.

Who will help you?

You will be seen by an Aboriginal & Torres Strait Islander Health Practitioner who is trained and authorised to apply fluoride varnish.

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.

What's involved?

Anyone can have fluoride varnish applied to their teeth.

The process of applying fluoride varnish will only take a few minutes. It's safe and it doesn't hurt.

The longer the varnish stays undisturbed on your teeth, the better it will work.

You will be asked to avoid hard or crunchy foods for the next 4 hours. Drinks and softer foods are OK.

Fluoride varnish will be applied to all of your teeth at 2 visits, 6 months apart.

If you would like to participate, complete the form on the next page.

If you are allergic to rosin, or colophony or sticking plaster (e.g., Band-Aids), or have been hospitalised with asthma in the past 12 months, you should avoid fluoride application.

If you are not sure, you can ask the health practitioner for more information.

Care at home

Teeth can look yellow after the treatment but this will soon go away.

If possible, only drink and eat softer foods for the next 4 hours.

Brush and floss teeth as normal - morning and night.

Let your regular dental professional know you are having fluoride varnish applied.

FLUORIDE VARNISH

Adult information

Your details

Your first name: _____ Your last name: _____

Age: _____ Date of birth: _____ Gender: _____

Address: _____

Suburb: _____ Postcode: _____

Mobile number: _____

Medical information

Do you have any concerns regarding your teeth, gums or mouth?

☐ Yes ☐ No

If yes, please provide details:

Do you have any allergies? This includes food, medicines, and/or products, e.g. latex, Band-Aids, colophony, rosin, milk protein (casein)

☐ Yes ☐ No

If yes, please provide details:

Do you have asthma?

☐ Yes ☐ No

Have you been to hospital due to asthma in the last 12 months?

☐ Yes ☐ No

If yes, please provide details:

Are there any significant medical issues we should be aware of?

☐ Yes ☐ No

If yes, please provide details:

Have you had a fluoride varnish application in the last six months?

☐ Yes ☐ No