

## Fluoride Varnish

Fluoride varnish is a protective coating that is painted on a child's teeth to prevent cavities.

It can be painted on teeth that already have cavities. Fluoride can help stop cavities from getting bigger. The fluoride coating may be painted on the teeth 1 to 4 times each year. The number of times depends if the teeth have cavities or not.

In our practice we call it "Banana Paste" because of its taste.

The varnish is painted onto your child's teeth using a small disposable brush. It takes only a few seconds and is easily accepted by children.

Your child's teeth may look yellow or cloudy on the first day. This colour will gradually go away. Also, it is normal for the fluoride varnish to make the teeth feel sticky. This only lasts a short time.

### Is it Safe?

Yes, fluoride varnish has been used for several years in many countries. Along with being safe, fluoride is an inexpensive and practical way to reduce tooth decay.

### After the fluoride varnish is painted on:

- Your child should not eat for one hour.
- Your child should eat only soft foods at the next meal.
- Your child should avoid sticky foods for the rest of the day (e.g. sweets)
- Try to avoid brushing your child's teeth for 24 hours.

### Reception Hours

Mon/Tues / Thurs 8.15 am- 1.00 pm 2.00pm-5.00pm

Wed 8.15 am – 12.00 2.00 pm-8.00pm

Fri 8.15 am – 1.00 pm 2.00pm-5.00pm

(Sometimes closed on Friday PM)

If we are short staffed there will be an answer phone –

## Dental ABC

### Orthodontics

Orthodontics is that branch of dentistry which is concerned with the growth, development, and treatment of malformations of dento-facial structures.

It may include the movement of teeth or facial bones through the application of forces and/ or the stimulation and redirection of functional forces within the teeth and skull.

ORTHODONTIC TREATMENT is frequently carried out on children in their childhood and teenage years as this is the most effective time to alter the position and growth patterns of the mouth and jaws.

Adult orthodontics is, however, increasingly common, and improved understanding and techniques means that this form of treatment is available to ever larger numbers of people.

Orthodontic treatment is generally carried out with the use of a BRACE or ORTHODONTIC APPLIANCE which is either removable or fixed in the mouth, (generally by being bonded onto the teeth.) There are very many different styles and forms of appliances, most of which are worn inside the mouth, but some which include external parts like HEADGEAR.

Orthodontic appliances are generally made of metal or plastic wires and BRACKETS, sometimes with acrylic sections, and sometimes even with elastic bands to apply forces.

We refer all our orthodontics out to specialists in this field.