

IS IT ENOUGH TO JUST USE FLUORIDE VARNISH TO PREVENT DENTAL CARIES?

You should not rely on fluoride varnish alone to keep teeth healthy. It's important to brush twice a day using a fluoride toothpaste, and minimise consumption of sugary snacks and drinks.

**For more information,
contact our Dental Services
Receptionist during our
business hours:**

Monday to Thursday
7:00 AM - 12:00 PM
1:00 PM - 4:00 PM

Friday
7:00 AM - 11:30 AM
1:00 PM - 3:30 PM



+673 3372540



+673 7175831
(WhatsApp text only)



phc@bsp-shell.bn



www.panagahealth.com



panagahealth



FLUORIDE VARNISH

WHAT YOU NEED TO KNOW

WHAT IS FLUORIDE VARNISH?

Fluoride varnish is a coating that can be painted on the teeth to prevent tooth decay.



WHAT ARE THE BENEFITS?

- Safe and effective.
- Quick and easy to apply.
- Strengthens enamel.
- Can stop early tooth decay or white spots.



WHO NEEDS FLUORIDE VARNISH?

- Children.
- People with high risk of cavities.
- People with dry mouth (Xerostomia).
- Individual with exposed root surfaces.
- Orthodontic patient.
- Elderly individuals.
- Patients with special needs.



POST APPLICATION CARE

To get maximum result and benefit of fluoride varnish:

- **Don't brush or floss** at least for 4 - 6 hours.
- If possible, wait till the next morning to brush.
- **Only eat soft food** for 24 hours post application.
- **Avoid hot drinks and mouth wash** for the next 4 hours.

HOW LONG DOES IT LAST?

The varnish will start to wear away when you brush your teeth and will be completely gone within a few days. By then, the fluoride has already penetrated the dental enamel and will continue to protect the teeth for several months.

HOW OFTEN DO WE NEED TO APPLY?

- 3 months for high risk cases.
- 6 months repeat application for low risk/regular patients.