

Have you asked your dentist about fluoride varnish?



What do you need to know?

Fluoride varnish is strongly recommended for all children and some adults who are at higher risk of tooth decay. NHS dental care, including fluoride varnish is **FREE** for all children and some adults.

What happens?

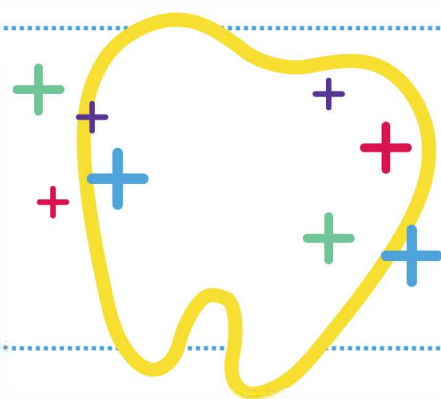
A sticky gel is painted onto the teeth with a soft brush. It only takes minutes to apply and dries quickly.

How does it work?

It helps to strengthen the hard surface of the tooth which helps to prevent tooth decay and the need for dental treatment such as fillings or extractions. It can also reduce tooth sensitivity.

Why is it important?

Tooth decay can cause pain, infection, and other problems that affect our overall well-being. It's also one of the most common reasons for children to have to go to hospital for teeth to be removed.



How do I get it?

Ask your dentist about fluoride varnish for you and your family. To find information about local dentists, visit:

The NHS website:
nhs.uk/find-a-dentist



For more advice about looking after teeth and gums, including information about who is eligible for **FREE** treatment, visit:

The Healthier Together
webpage on oral health.
bit.ly/3BO2s8u



South Yorkshire
Integrated Care Board



BARNSELY
Metropolitan Borough Council