

POND SQUARE DENTAL

Fluoride application — protecting your child's teeth

Fluoride application is a quick and painless treatment that helps protect your child's teeth from decay. A fluoride gel is applied to the teeth to strengthen the enamel, making it more resistant to acid and bacteria. The procedure only takes a few minutes and is well tolerated by children.

When is it recommended?

Paediatric dental specialists usually recommend fluoride application every three to six months, depending on your child's risk of tooth decay. Regular applications are particularly important when permanent teeth are coming through, as they are more vulnerable at this stage.

Public health guidance

Public Health England advises that fluoride varnish should be applied to all children's teeth at least twice a year, and more often for those at higher risk of decay. This is especially beneficial for permanent molars, which usually erupt around ages six to seven and again between eleven and thirteen.

Key benefits

Fluoride application strengthens tooth enamel, lowers the risk of cavities, and provides extra protection alongside daily brushing. It helps reduce the need for future dental treatment.

Aftercare

Your child should avoid eating or drinking for 30 minutes after the application to allow the fluoride to set. Normal brushing can continue later the same day, and any temporary coating will disappear with brushing.

LOVE YOUR SMILE

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