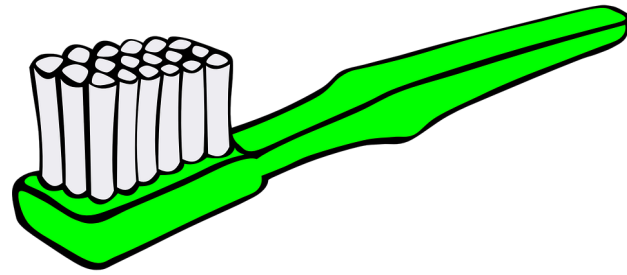


# Fluoride Varnish

## The Facts



### What Do I Need to Know?

From the age of three, children should be offered fluoride varnish treatment at least twice a year. It's free and available to all children

### What Happens?

The process involves painting a varnish containing high levels of fluoride onto the surface of the tooth at least every six months to prevent decay.

### How Does It Work?

It works by strengthening the tooth enamel, which makes it more resistant to decay.

### Is It Important?

Yes, tooth decay is a major health concern, especially in Doncaster. It's one of the most common reasons for hospital admission in children.



### How Do I Get It?

Ask your dentist about fluoride varnish for your children. If you don't have a dentist, you can find a dentist on the NHS website Find Dentist services.

<https://www.nhs.uk/ServiceSearch/Dentists/LocationSearch/3>



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