

# Tough Teeth | Fluoride Varnish Information for parents

The Tough Teeth Program is a **free** dental health screening program that comes to your child's school or day care centre. Parents do not need to be present.



## How does it work?

### 1. Dental Screen

- We will take a very quick look in your child's mouth for obvious signs of decay or other problems.
- We will apply a varnish which releases fluoride over time and protects teeth from decay.
- We provide your child with dental health education and toothbrushing instruction. They will receive a free toothbrush.
- **This does not replace the need for children to have a full check up.**

### 2. Feedback to parents

- We will let you know what we find - we contact you via email/phone/SMS regarding urgent treatment needs.
- We can provide **dental treatment** for your child at our nearest clinic or dental van with no out of pocket costs if they are eligible. Otherwise, you can follow up with your regular dental practice.
- You may need to bring your child/children to dental appointments if further treatment is required.

## What is fluoride varnish?

It is a protective coating which is painted on the teeth to stop cavities forming and to slow down cavities which may have started. It is safe and recommended for children of all ages that are at risk for cavities (even infants). Only a very small amount is used and it lasts up to 6 months.

## How is it put on?

- It is painted on with a small brush.
- It is a white colour and it is invisible once it is on the teeth.
- It does not hurt and is very quick.
- It dries quickly and usually tastes like mint.

## What happens after application?

It works best if it is not disturbed for a while. It is best if your child only eats soft foods for the rest of the day, and resumes their usual tooth brushing the next morning.

**Register Now:** <https://metronorthoralhealth.snapforms.com.au/form/tough-teeth-fvp-form>



**If your child is currently experiencing a toothache or you have a concern that you would like addressed sooner, please call 1300 300 850 for eligibility and to make an appointment.**