LUSSO DENTAL

Fluoride Varnish and Fissure Sealants

Questions and Answers

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

FREQUENTLY ASKED QUESTIONS

Fluoride Varnish and Fissure Sealants: your questions answered

Two quick, gentle treatments to help protect children's teeth from decay: fluoride varnish painted onto the teeth, and sealants that seal the grooves of the back teeth.

FREQUENTLY ASKED QUESTIONS

Your questions answered

Is fluoride varnish safe?

Yes. It is widely used and recommended for children in the UK. Only a very small amount is used, and it sets quickly on the teeth.

At what age can my child have varnish?

National guidance recommends it for all children from age three, and sometimes earlier for children at higher risk of decay.

Which teeth are sealed?

Usually the adult back molars, which come through from around age six and again around age twelve. Sometimes other teeth with deep grooves are sealed too.

Does it hurt?

No drilling or injections are needed. Most children find both treatments quick and easy.

How long do sealants last?

They can last for several years, but may wear or come off. We check them at every visit and repair them if needed.

Can my child brush tonight?

Please wait until the next morning so the varnish has time to work.

Can my child consent on their own?

A young person under 16 can consent if they fully understand the treatment, risks and alternatives. This is known as Gillick competence. We will still encourage them to involve a parent.

Do these treatments replace brushing?

No. Brushing twice a day with fluoride toothpaste and cutting down on sugar are still the most important ways to protect teeth.

IMAGES, VIDEOS AND FURTHER READING

See it for yourself

Before and after photographs of Dr Kal's own work are in our smile gallery, and treatment videos are on our YouTube channel. These independent sources are also a good place to read more.

LUSSO general and family dentistry	Family dentistry at LUSSO, including care for children, with images.
NHS: dental check ups	Includes advice on children's check ups and fluoride. Text only.
NICE: dental recall intervals	How often children and adults should have check ups. Text only.
LUSSO fees	Our full fee list. Text only.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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