



Healthy Smiles for Plymouth

Dental Access Centre
Oral Health Office
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Plymouth
PL4 8NF

Direct Line: 01752 434664
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Dear Parent/Guardian

Healthy Smiles for Plymouth is an exciting oral health programme set up to give children extra protection against tooth decay.

Our team of trained dental professionals will visit the school to paint fluoride varnish onto your child's teeth twice in the school year and is **free of charge!!**

We hope that you will want your child to join us for a dental adventure and benefit from this service as fluoride application is easy, safe and fun.

Please find enclosed a question and answers page, along with a Medical History Form for the consent needed. If you would like your child to take part in this programme, simply complete the Medical Form and hand it back into school by **Friday 4th October 2019** when the Healthy Smiles for Plymouth team will be visiting for a Healthy Eating Talk.

Without your consent we will not be able to apply the fluoride to your child's teeth.

The **Healthy Smiles for Plymouth** team will return to the school on **Friday 18th October 2019** to apply fluoride varnish to the teeth of all those children enrolled onto the programme.

Yours sincerely

Claire Hoskin

The Healthy Smiles for Plymouth Team



Healthy Smiles for Plymouth – Questions and answers

What is Healthy Smiles for Plymouth?

Healthy Smiles is an oral health programme designed and delivered by NHS Plymouth. It involves painting fluoride varnish onto the teeth with a little brush to young children to give them the best possible protection against tooth decay, the programme is free. ***(Please note this scheme is not a substitute for regular dental care).***

Why is it important?

Tooth decay in children can be a serious problem affecting their health, quality of life and development. Prevention of tooth decay should be an important objective for all those with, and working with children.

What is fluoride varnish?

Fluoride varnish is a pleasant and fruity tasting golden varnish which can be painted onto children's teeth. We know that it is very good at protecting teeth against tooth decay. Children benefit most when the varnish is applied regularly. We hope to do this every twelve months.

Is it safe?

Yes, the varnish painted onto the teeth is safe. However, children with severe asthma or allergies cannot be treated. ***(There is no evidence fluoride varnish causes any health problems).***

How long does it take?

The procedure is quick simple and fun and takes approximately 2 - 3 minutes per child.

What else does the programme involve?

Fluoride varnish is just one aspect of the scheme, we also want to promote oral health and provide information to help families to find an NHS dentist.