

# Smile Strengtheners

The Story of Fluoride Varnish

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## The Story of fluoride Varnish



School of Dentistry  
University of Dundee



**Written by Joe Campbell and Jess Lomas**  
**Illustrated by Lucy Frankcom**

**Supervised by Clement Seeballuck. With  
thanks to Professor Peter Mossey**



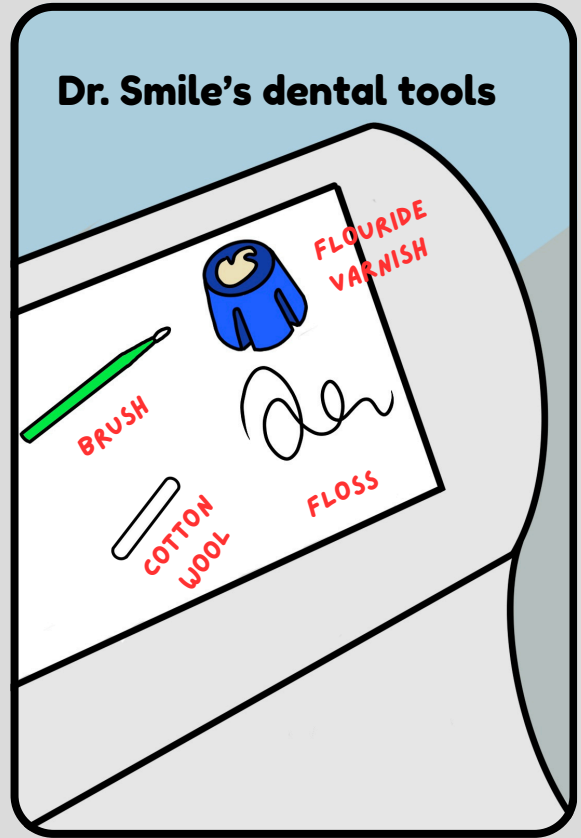
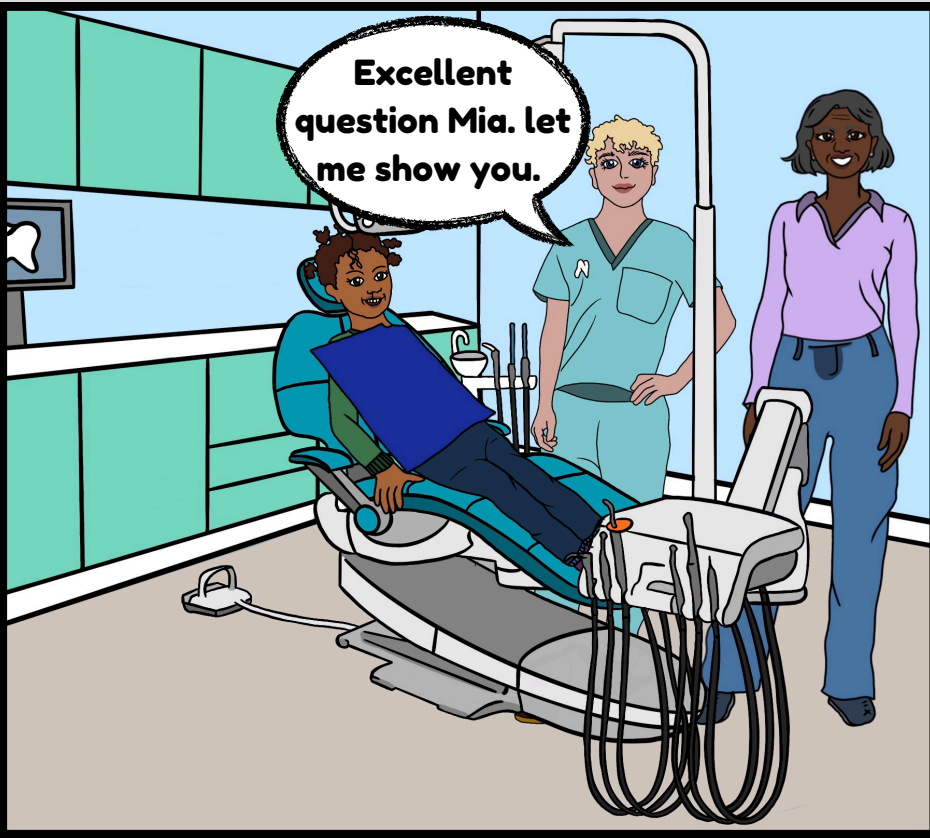
**Mia is coming to the dentist today to have fluoride painted on her teeth.**



**Mia meets the dentist, Dr Smile. Dr Smile helps to keep teeth strong and healthy.**



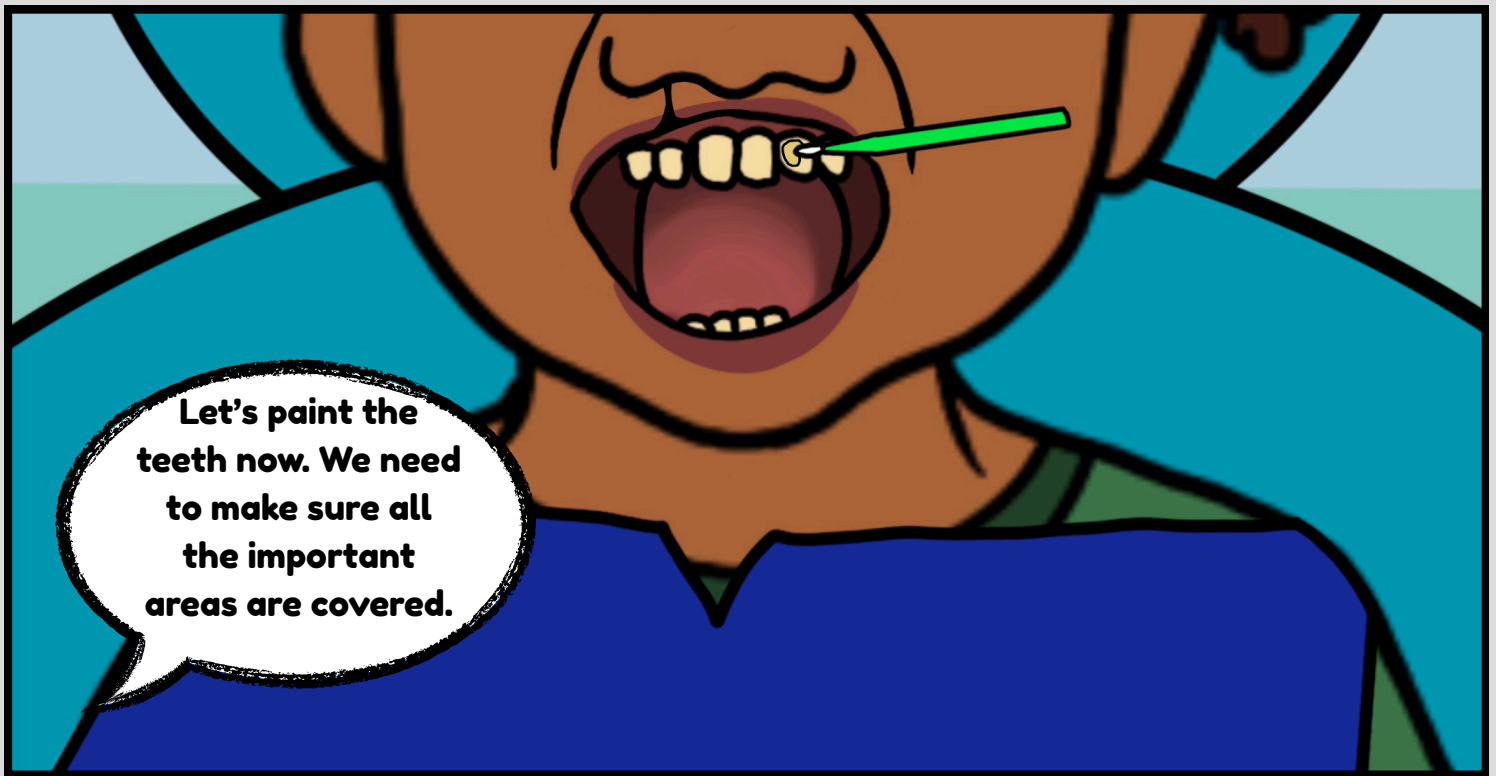
**Mia sits still in the big chair so Dr Smile can see her teeth.**



**We will only be using a few things today. This is really simple and won't take long at all. We will use a soft cotton roll to keep the teeth dry, a small brush, some floss and the special varnish to make the teeth stronger.**

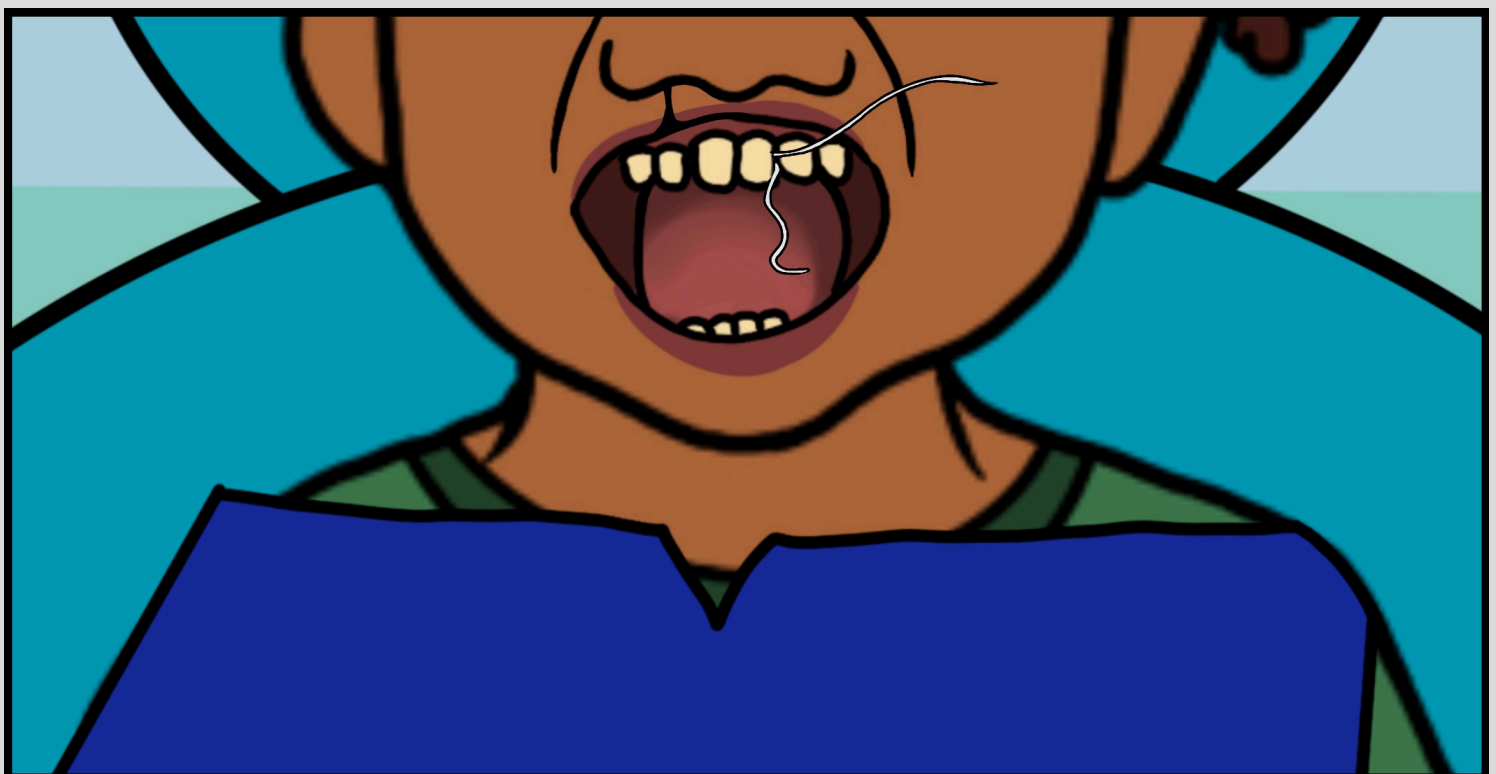


**Mia opens her mouth wide like a big lion so Dr. Smile can see her teeth. Dr. Smile dries her teeth using tickly air.**



**Mia sits nice and still while Dr. Smile paints her teeth with varnish, it tastes nice!**

**Floss is slid between Mia's teeth.  
Dr. Smile makes sure every side of each tooth is covered.**





**That was really easy!  
Thanks!  
Is there anything else  
I can do to keep my  
teeth strong and  
healthy?**

**Great question!  
Let's explore  
this together!**

**Mia's teeth are nice and strong now.  
Before she leaves, Dr. Smile reminds her: no eating or  
drinking for 30 minutes, and no brushing for 4 hours so her  
teeth can get extra strong.**

# Top Tips for a Healthy Mouth

**Sugary foods and drinks stuck to our teeth can lead to dental decay. This can grow and become holes if we don't stop it. However, there are simple things we can do to keep our mouths healthy and happy**



**Try and have as little sugary snacks and drinks as possible. Our teeth should have a maximum of 4 sugar hits a day, with 3 of these being breakfast, lunch and dinner.**



**Other snacks you can try; breadsticks, carrots, fresh fruit and low-fat cheese.**



**If you are having a sugary treat, make sure to do so just after meals.**

**Watch out for hidden sugars, like fruit juice and soya milk!**



**Between eating, drink only water or cow's milk.**

**Only drink water after you brush your teeth at night, just don't rinse off all of your toothpaste!**



**Make sure you come to the dentist regularly for checkups! You and your dentist can then make a plan to keep your mouth nice and healthy.**

