

### ***Risk Assessment***

This risk assessment reduces the possibility of children with oral/ facial infections being included.

The risk assessment is carried out **BEFORE** the application procedure is started. This is to ensure that any child with any abnormality of the lips, face or soft tissues of the mouth is excluded. Children who are showing obvious signs of systemic illness e.g. colds, 'flu, chicken pox etc should also be excluded on that day.

**The Risk Assessment should be carried out as follows:**

#### ***The Extra-Oral Assessment***

- Check the skin of the face and around the mouth for abnormalities (spots, inflammation, swelling etc)
- Check the lips for lesions/ infections

#### ***The Intra-Oral Assessment***

- Check the right and left inner cheeks and the insides of the lips using the disposable mirror provided in the pack
- Check the top and underneath the tongue.

The teeth and gums should be checked for signs of decay and/ or infection in the following order:

- Check the upper right teeth and gums
- Check the upper left teeth and gums
- Check the lower right teeth and gums
- Check the lower left teeth and gums

If everything appears normal the varnish may be applied. Children with abnormalities of the skin around the mouth, lips (e.g. cold sores), or soft tissue lesions should not have the varnish applied.

If the child has any abnormality of the lips or mouth, they should be referred for a dental opinion.

## **Safety**

Children should not take fluoride supplements on the day before, of or following varnish application.

There should be no opportunity for child to ingest more than a single dose.

In the mixed dentition, the recommended dose is 0.4ml.

Acute fluoride toxicity causes nausea and vomiting. If suspected, give milk to drink and arrange for immediate transfer to A&E.

## ***The Application Procedure***

- 1 The teeth should be 'toothbrush' clean prior to application of varnish
- 2 Gently retract the cheek using a finger or disposable mirror
- 3 Dry the tooth to be treated using a cotton wool roll
- 4 Place the cotton wool roll in the buccal sulcus
- 5 Apply a thin layer of varnish to pits, fissures and smooth surfaces of first permanent molars using a disposable microbrush
- 6 Remove cotton wool roll
- 7 Repeat in all remaining quadrants
- 8 Advise the child not to eat or drink for 30 minutes and not to brush their teeth for 4 hours after application
- 9 Reward child with a motivation sticker