

## Apakah ibubapa/penjaga perlu lakukan selepas sapuan varnis fluorida?

- Pastikan kanak-kanak tidak makan, minum atau berkumur-kumur dalam masa tiga puluh minit selepas sapuan varnis fluorida
- Elakkan memberus gigi kanak-kanak sehingga keesokan pagi
- Gigi kanak-kanak mungkin menjadi kekuningan selepas sapuan varnis fluorida. Sekiranya berlaku, ia hanya sementara sahaja

## What must parents/guardians do after fluoride varnish is applied?

- *Make sure the child does not eat, drink or rinse for at least 30 minutes after the procedure*
- *Avoid brushing the child's teeth until the next day*
- *Do not worry if the teeth appear yellow after varnish is applied. It will only be temporary*



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# VARNIS FLUORIDA UNTUK MENCEGAH KEROSAKAN GIGI



**FLUORIDE VARNISH FOR PREVENTION  
OF TOOTH DECAY**

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## FLUORIDE VARNISH FOR PREVENTION OF TOOTH DECAY

### Apakah varnis fluorida?

Varnis fluorida adalah sejenis bahan pelindung yang disapu pada permukaan gigi untuk mencegah dan mengawal kerosakan gigi. Bawalah anak anda untuk pemeriksaan gigi seawal berumur satu tahun. Doktor/jururawat pergigian akan mengesyorkan sama ada rawatan ini diperlukan.

### What is fluoride varnish?

*Fluoride varnish is a protective coating that is painted on the teeth to prevent and control tooth decay by making tooth enamel/surface harder. Bring your child for a dental check-up by the age of one year. The dentist/dental nurse will advise whether the child needs this treatment.*

### Adakah varnis fluorida selamat?

Sapuan varnish fluorida adalah selamat kerana:

- Amaun yang disapukan adalah minimum
- Bahannya mengeras sebaik sahaja disapu pada permukaan gigi
- Disapu oleh doktor/jururawat pergigian

### Is fluoride varnish safe?

*Fluoride varnish is safe because:*

- Only a small amount is applied
- It sets immediately upon application
- It is applied by dentist/dental nurse

### Bagaimana cara sapuan varnis fluorida dilaksanakan?

Sapuan varnish fluorida adalah mudah, mengambil waktu yang singkat dan tidak menyakitkan. Gigi hanya perlu dilap dengan kain kapas dan varnish fluorida disapu dengan menggunakan berus kecil. Ia akan mengeras dengan serta-merta.

### How is fluoride varnish application done?

*Fluoride varnish is very easy to apply. The procedure is quick and painless. The teeth are wiped dry with a piece of cotton/ gauze. A small amount of varnish is painted on the tooth surfaces with a small brush and it will set immediately.*

### Apakah ibubapa/penjaga perlu lakukan sebelum membawa anak untuk sapuan varnis fluorida?

- Pastikan kanak-kanak telah makan dan minum dan giginya diberus dengan bersih

### What must parents/guardians do before bringing their child for fluoride varnish application?

- Give the child some food and drink and make sure the child's teeth are brushed clean

