

Fluoride Varnish

Helping Smiles Stay Strong

Fluoride Varnish is a new and easy way to help protect teeth against tooth decay!

What is Fluoride Varnish?

- Is a protective coating that is painted on teeth to prevent tooth decay.
- Is safe, quick, and doesn't hurt.
- Helps even if using fluoride drops, tablets, rinses, toothpaste, or drinking fluoridated water
- Can be applied at Child Health & Disability Prevention (CHDP) visits and other medical and dental visits
- Works best when applied 2 or more times a year
- Can be applied as soon as the first tooth comes in
- May briefly coat teeth a slightly yellow color- brushing the next morning will return teeth to their normal color.

Parent Checklist after Fluoride Varnish:

- It's ok to drink water.
- Don't give foods that are hard, crunchy, or chewy for the rest of the day.
- Don't brush or floss child's teeth that day or night.
- Brush and floss teeth beginning the next day.
- Remember that any yellowish coating will go away.

My Dentist: _____

Phone Number: _____

Address: _____

Next Appointment: _____

Remember:

- Baby teeth are important.
- Get a "dental home" for regular visits to the dentist.
- Make your child's first visit by age one.
- Brush your child's teeth every morning and night with a tiny dab of fluoride toothpaste.
- Limit sugary snacks, drinks, and juices.