

Ask your pediatrician about fluoride varnish

HELPS PREVENT CAVITIES

What is fluoride varnish?

Fluoride varnish is a coating that is painted on a child's teeth to prevent or stop cavities. If your child does not see a dentist regularly, you should ask your pediatrician about fluoride varnish.

Why is fluoride varnish recommended for children's teeth?

Cavities can cause pain and infections that can be bad for children's general health and lead to problems with eating, speaking, playing, and learning. Fluoride varnish makes teeth stronger, stops cavities from getting bigger, and prevents new cavities from forming.

Is fluoride varnish safe?

Yes. Fluoride varnish is safe for children of any age; it can be used on babies from the time their first teeth come in.

How is fluoride varnish put on teeth?

Fluoride varnish is painted on teeth with a brush. A trained doctor, nurse, or dentist can do it easily and quickly. There is no pain and the varnish does not taste bad. The varnish may change the color of the teeth just after it is applied. Some kinds of varnish will make the teeth look yellowish, other kinds may make the teeth look less shiny. These changes are normal, and will go away when you brush your child's teeth the next day.

How long does fluoride varnish last?

The varnish sticks to the teeth until it is brushed away the next day, but the fluoride keeps working for several months to protect teeth. Varnish works best if it is painted on teeth 2 to 4 times a year, as recommended by your child's health care provider.



HELPFUL TIPS FOR PARENTS AFTER FLUORIDE VARNISH APPLICATION

- Wait until the next day to brush your child's teeth.
- Give your child only soft foods for the rest of the day after treatment.
- Avoid giving your child hot, hard, or sticky foods for 24 hours after the fluoride varnish application. Hard or chewy foods might chip the varnish off.

Children should see a dentist by their first birthday and visit a dentist at least once a year.



INFORMATION FOR PARENTS