Why is it important to take care of baby teeth?

Baby teeth:

- Help your child chew food.
- Guide the permanent teeth into place.
- Help your child speak clearly.
- Help with jaw and face formation.
- Add to your child's good health.

Children do not lose all their baby teeth until they are about **11 or 12** years old; therefore, it's important to protect their baby teeth from cavities.

DELTA DENTAL®

www.deltadentalsd.com

Fluoride Varnish

Keep Your Child's Smile Healthy

What is fluoride varnish?

Fluoride varnish is a protective coating that is painted on teeth to make teeth stronger. Only a small amount is used and is safe for everyone, especially babies getting their first teeth.

Why is fluoride varnish recommended for my child's teeth?

Children as young as one can get cavities. Cavities in young children's teeth can cause pain, stop children from eating, speaking, learning and sleeping.

Image of Decayed Baby Teeth

How is fluoride varnish put on the teeth ?

Fluoride varnish is applied to the teeth by a trained health professional. It is easily painted on the teeth with a small brush. It is quick, easy and has a good flavor.

What should you do after fluoride varnish is put on the teeth?

- Do not brush or floss teeth until the next day.
- Do not give your child a fluoride supplement on the day of treatment.
- Don't allow your child to eat crunchy foods, chew gum or have hot liquids.
- Fluoride varnish can look clear or yellow. The color will disappear after brushing.

How often should my child have fluoride varnish?

Varnish can be put on the teeth every 3-4 months to keep teeth strong and healthy. Fluoride varnish helps prevent new cavities and helps stop cavities that have already started.

How much does it cost?

If your child has Medicaid, Medicaid will be billed. A special program may cover the cost or a small fee may be charged.