

Fluoride Varnish

Protect Your Child's Teeth

Fluoride varnish is applied to the teeth two to four times a year. It strengthens teeth and helps protect them from cavities.

Both medical and dental offices can apply fluoride varnish. It is fine for your child to receive fluoride varnish from either type of provider.



Who Needs Fluoride Varnish?

A child who has any of the following:

- + Cavities or white spots
- + Defects in the teeth
- + Red or puffy gums
- + Difficulty keeping teeth clean
- + Two or more drinks or snacks containing sugar between meals
- + No fluoridated drinking water
- + No regular dentist
- + Family members with dental decay
- + Special health care needs

After the Varnish is Applied

- + Your child's teeth may look slightly yellow for the rest of the day.
- + Your child can eat but should avoid hard foods and hot drinks for the rest of the day.
- + Do not brush teeth until the next morning. The teeth will return to their normal color.

Dental Care *for Your Child*

Check your child's teeth and gums once a month. Look for white spots. If you see them, take your child to a dentist right away.

Children should have their first dental visit by their first birthday. Early care helps prevent problems and keeps teeth strong as they grow.

If your child has never been to a dentist, make an appointment.

Continue regular dental visits so your child's teeth and gums are checked often. The dentist will let you know when to return.

Taking Care of Your Mouth

- ✓ Brush twice daily
- ✓ Floss once a day
- ✓ Visit the dentist routinely
- ✓ Eat healthy foods
- ✓ Don't use tobacco
- ✓ Drink water with fluoride



Everyday Tips for Parents

- ✓ Use a small, pea-sized amount of fluoride toothpaste.
- ✓ Help your child brush until they can do it well on their own (usually around age 7 or 8).
- ✓ Offer tooth-friendly snacks like cheese, fruit, and vegetables.
- ✓ Limit juice and sugary drinks.



Public
Health
Office
Locations

