

# Protect Healthy Smiles with Fluoride Varnish

## What is fluoride varnish?

Fluoride varnish is a protective coating that is painted onto teeth to help prevent new cavities and to help stop cavities that have already started.

## When is it safe to use fluoride varnish?

Fluoride varnish is safe to be used on children from the time they have their first tooth and is lactose free, gluten free, and nut free.

## Why is this treatment recommended?

Fluoride varnish is recommended for children's teeth because tooth decay is one of the most common preventable disease seen in children. Children as young as 12 to 18 months can get cavities which can cause pain and prevent children from eating, speaking, sleeping, and learning.



## How long does fluoride varnish last?

Fluoride varnish needs to be reapplied every three (3) to four (4) months for best results.

## After fluoride varnish is applied:

- Offer your child only cold beverages and only cold, soft food for 2 hours.
- Do not brush or floss for at least 4-6 hours.
- Do not give your child a fluoride supplement on the day of treatment.
- It may appear "spotty," yellow, or clear on teeth after it dries. Don't worry. This will disappear once your child brushes their teeth.

## Fluoride varnish does not take the place of a dental visit.

Baby teeth are important to help children chew food and speak clearly. They also hold space for permanent teeth and add to your child's good health. Children should visit a dentist by age 1.



# Healthy Smiles for Two: A Child's Oral Health Begins with Pregnancy

Pregnant women may be more prone to gum disease and cavities, which can impact their baby's health. After baby arrives moms can pass cavity-causing bacteria to her baby raising the risk of tooth decay as baby's gets their teeth. Eating healthy foods while pregnant such as fruits and vegetables and drinking Fluoridated water instead of sugary drinks can help.



## TIPS TO KEEP TEETH HEALTHY

### During Pregnancy

- Brush at least twice a day with a fluoride toothpaste and floss once a day.
- Use your own toothbrush, replacing every 3 months.
- If you have morning sickness, rinse your mouth after you get sick with 1 teaspoon baking soda in 8 ounces of water.
- See a dentist during your pregnancy for a regular checkup.

### After baby is born

- Wipe your baby's gums twice daily with a soft clean cloth.
- Once your baby gets their first tooth start brushing their teeth twice a day.
- Take your baby to the dentist by age 1.
- Until age 7, help your child brush their teeth with a pea-size amount of fluoride toothpaste.
- Don't "clean" your baby's pacifier by putting it in your mouth.
- Don't dip baby's pacifier in honey, syrup, or sugar.



***Becoming a mom is  
something to smile about!***

