

# Fluoride Varnish Protecting Your Child's Teeth

## Fluoride Varnish

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

Both medical and dental offices can apply fluoride varnish. It is okay for your child to receive fluoride varnish from both places.

## Who Needs Fluoride Varnish?

A child who has any of the following:

- Cavities or white spots
- Defects of the teeth
- Red or puffy gums
- Difficulty keeping their teeth clean
- Two or more drinks or snacks containing sugar between meals
- The habit of sleeping with a baby-bottle
- No fluoridated drinking water
- No regular dentist
- Family members with dental decay
- Special health care needs

## What Do I Do After the Varnish Has Been Applied?

Your child's teeth will be a light yellow color for the rest of the day.

Your child can eat but avoid hard foods and hot drinks for the rest of the day.

Do not brush the teeth until the next morning. The teeth will then return to their normal color.

## Applying Fluoride Varnish

Applying fluoride varnish is easy and will take only a few minutes.



Your child will be laid back onto the doctor's lap.



The teeth will be dried with gauze.



The varnish will be painted on.