

# Fluoride Varnish



## **What is fluoride varnish?**

Fluoride varnish is a protective coating that is painted on a child's teeth to prevent cavities. It dries instantly and only takes minutes to apply. The varnish releases fluoride over several months, which strengthens teeth and prevents decay. It can be painted on teeth that already have cavities. Fluoride can help stop cavities from getting bigger. The fluoride varnish needs to be reapplied every 3-4 months to maintain its effectiveness.

## **What are the advantages of fluoride varnish?**

The advantage of applying fluoride varnish is that it helps prevent decay, it is easy to apply, no instruments are put into the mouth, it is tasteless and it is fast setting on the teeth.

## **Is fluoride varnish safe?**

Fluoride varnish is safe and American Dental Association (ADA) approved. Fluoride varnish has been used for several years in many countries.

## **What can I expect after the fluoride varnish is applied?**

After the fluoride varnish is applied, there may be a temporary change in tooth color. The teeth initially may look brown but will return to the normal color within days.

## **How can I help the children in my care receive the most from the fluoride application?**

After the fluoride varnish is painted on:

- Your child should not eat for one hour.
- Your child should eat only soft foods at the next meal.
- Your child should avoid sticky foods for the rest of the day (e.g. fruit rollups, toffee, gum).
- Do not brush your child's teeth for 24 hours.

## **How can I get fluoride varnish for my children?**

Talk to your child's dentist or doctor to see if he/she provides this service for children.

### *For more information contact:*

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