

## Why Is Fluoride Varnish Recommended For Children's Teeth?

Cavities are one of the most common preventable diseases in children. Children as young as twelve to eighteen months may get cavities. Cavities in children's teeth may cause pain and prevent children from...

- EATING
- SPEAKING
- SLEEPING
- PLAYING
- LEARNING



**FLUORIDE VARNISH PREVENTS AND STOPS CAVITIES!**

### Does My Child Need Fluoride Varnish?

**Yes...** children who are at risk for cavities or who do not live in communities with enough fluoride in their water, benefit from fluoride varnish being applied to their teeth to help stop or prevent cavities.

**AT WHAT AGE IS FLUORIDE VARNISH APPLIED?**

*Fluoride varnish is recommended for children of all ages, including infants.*

## To Learn More About Fluoride Varnish...



*Talk to a Dentist, Dental Hygienist or Pediatrician*

### **FLUORIDE VARNISH IS ALLOWED BY MEDICAID**

Fluoride varnish application may be applied by dental or medical professionals. Fluoride varnish is covered by Medicaid. For more information ask your medical or dental provider.

For more information about Florida Medicaid, please visit the Agency for Health Care Administration website at <http://ahca.myflorida.com>. Click on the Medicaid tab.

**Florida Kid Care**, which is an insurance program for children, may also be contacted regarding dental benefits at: **1-888-540-5437**.



Public Health  
Dental Program



Improving Oral Health

Public Health Dental Program

<http://www.doh.state.fl.us/Family/dental/index.html>

[www.mouthwiseflorida.com](http://www.mouthwiseflorida.com)

Information about Oral Health for all ages.

Funding for the creation of this brochure is made possible by the State of Florida and the Department of Health and Human Services Health Resources and Services (HRSA) grant.

# Fluoride Varnish



*protect  
your  
child's  
teeth*

<http://www.doh.state.fl.us/Family/dental/index.html>

## What Is Fluoride Varnish?

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

The fluoride varnish is sticky, so it attaches to the teeth easily and makes the outer layer (enamel) of the teeth harder, helping to prevent cavities.

## Is Fluoride Varnish Safe?

**Yes...** fluoride can be painted on the teeth of babies as soon as they have their first tooth. Only a very small amount of varnish is used.

## How is fluoride varnish applied to the teeth?

The fluoride is easily painted on the teeth with a small brush. Each brush comes in its own package with the fluoride. It takes about one minute to apply the fluoride varnish to a child's teeth; it's that easy!

## What should parents do after fluoride varnish is applied to a child's teeth?

- Do not brush your child's teeth until the next day.
- Don't allow your child to eat hard or chewy foods, including gum, for 24 hours after the varnish is applied.
- The fluoride varnish can be yellow or clear. If the teeth appear yellow for 24 hours, this is normal, and will disappear when the teeth are brushed the next day.

## How Long Does Fluoride Varnish Last?

The fluoride varnish sticks to the teeth until brushed away the next day; however the benefits of the fluoride will last for several months.

Fluoride varnish needs to be applied every three to four months for best results.



*Dental photo courtesy of Edward F. Zapert, D.M.D.*

## Who will provide this service?

A trained health professional will apply the fluoride varnish to your child's teeth.

## Why do I need to have this for my child's baby teeth?

Baby teeth are important for:

- **good overall health**
- **eating**
- **speaking**
- **smiling**
- **to keep space for adult teeth**

