Fluoride Varnish Fact Sheet

What is Fluoride Varnish?

Fluoride Varnish is a protective coating that is painted on teeth and will stay on the teeth for roughly 1 day. It is used to help strengthen children's teeth, prevent cavities and it can even stop cavities that have started to form!

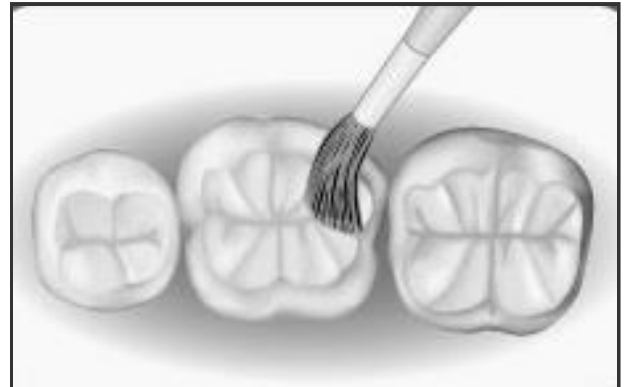## Why is fluoride varnish recommended for children's teeth?

Tooth decay is one of the most common preventable diseases seen in children. Children as young as 12-18 months can get cavities. Cavities in baby teeth can cause pain and even prevent children from being able to eat, speak, sleep and learn properly.

Is it Safe?

Yes, fluoride varnish can be used on babies from the time they have their first teeth. This method of providing fluoride to teeth has been used in Europe for over 25 years. For best results, it is recommended that your child receive fluoride varnish treatments 3-4 times a year.

How is it put on teeth?

The varnish is painted on the teeth with a small paintbrush. It is quick and easy to apply and does not have a bad taste. There is no pain, but it is recommended not to eat or drink anything for 30 minutes after the application. This gives the fluoride time to set so that it will stay on the child's teeth over night. In the morning it can be easily brushed off by a regular brushing of the teeth. Please do not brush your child's teeth the night they receive the fluoride varnish. Do not worry if your child's teeth are yellow. This is the fluoride varnish, and the color will come off when your child's teeth are brushed.

Baby Teeth are Important! They:

- Help with jaw and facial formation.
- Aid in speech development.
- Allow your child to chew food.
- Guide permanent teeth into place.
- Aid your child's self-esteem.

Oral health affects your child's over all health. The most common reason for school absenteeism is dental disease and the effects it has on the body!