

Fluoride Varnish Information for Parents



What is fluoride varnish?

Fluoride varnish is used by dentists to help protect teeth from cavities. The varnish is painted on. It is sticky so it stays on the teeth longer than other ways fluoride is provided. It makes the outside of the teeth harder and helps prevent decay. The fluoride varnish is recommended two times per year in addition to other fluoride treatments you may get from your dentist.

Is fluoride varnish a new method?

No, it was developed in the 1960's in Europe.



How is the varnish put on the teeth?

A dental hygienist will put the varnish on the child's teeth, using only a few drops with an applicator. Each packet of varnish is brand new for each child.

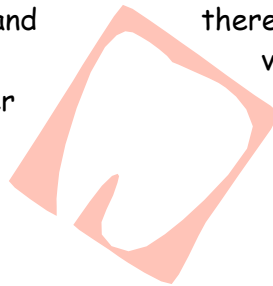


Is it safe?

Yes. Fluoride varnishes are very safe. They never reach a dangerous level until 10 times the normal amount is given.

Why do my child's teeth look darker after the fluoride varnish?

The fluoride varnish is sticky and day and overnight. Leave the have your child brush his or her Your child should brush his or varnish treatment. It will



therefore stays on the teeth for the varnish on overnight and do not teeth the day of the varnish. her teeth the day after the come off with brushing.

If my child gets fluoride varnish treatment at school, is it still necessary to have fluoride treatment at the dental office?

Yes, it is still important to visit your dentist for regular check-ups. This will mean stronger and healthier teeth.

If my child gets a fluoride varnish treatment at school, do I still have to give my child fluoride drops or chewable fluoride pills?

Yes, but you may skip your fluoride drops or pills on the day your child receives the fluoride varnish. The varnish works from the outside of the tooth. The drops or pills work from the inside of the tooth. Remember, if your child chews a fluoride pill, have him or her swish the fluoride around their teeth to make the outside of their teeth stronger.

