



# FLUORIDE VARNISH INFORMATION FOR PARENTS

## What is fluoride varnish?

Fluoride varnish is made with fluoride, a mineral that can strengthen tooth enamel (outer coating on teeth). It is used to prevent tooth decay.



## What are the benefits of fluoride varnish?

- Can help prevent tooth decay, slow it down, or stop it from getting worse!
- Application is safe, quick, and does not hurt.
- It can be applied at your home.

## How often should my child get fluoride varnish?

Fluoride varnish can be applied 4 times a year or every 3 months. Studies show that children who get fluoride varnish every 3 months have fewer cavities than those who get it less often or not at all.

## Is fluoride varnish safe?

**Yes**, fluoride varnish is safe and used by healthcare providers all over the world to help prevent tooth decay in children. Some brands of fluoride varnish make teeth look yellow or dull. However, the color of your child's teeth will return to normal after the fluoride varnish is brushed off.





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## How is fluoride varnish applied to the teeth?

1. Teeth are cleaned and dried with a gauze sponge.
2. A thin layer of fluoride varnish is applied to all surfaces of the teeth.
3. Fluoride will harden once it comes in contact with saliva.



## What should I remember when fluoride varnish is applied to my child's teeth?

- Give your child soft foods for the rest of the day (i.e. soups, bananas)
- Don't give your child hard, crunchy or chewy foods for the rest of the day (i.e. candy, chips)
- Don't brush or floss your child's teeth that day or night.
- Remember that any yellowish coating will go away after brushing the next morning.

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