

# FLUORIDE VARNISH.....

## HELPS PREVENT DECAY

## EASY TO APPLY

## TASTELESS

## FAST SETTING



### 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 the outer layer of 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.

### 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 yellow 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).

**Talk to your child's dentist or doctor to see if they provide this service for children.**