

# What is Fluoride Varnish?

Fluoride varnish is  
painted on the teeth to  
prevent new cavities.

It can also stop cavities  
that have already  
started.



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# Fluoride Varnish



**Keep Your  
Child's Smile  
Healthy**

## Why is fluoride varnish recommended for my child's teeth?

Many children have cavities. Even children as young as 1 year old can get cavities. Cavities in children's teeth can cause pain and stop children from eating, speaking, sleeping and learning.

## Does my child need fluoride varnish?

If a child has cavities or fillings or does not have fluoride in their drinking water they should have varnish put on their teeth.

## At what age should fluoride varnish be applied?

It is ok for babies and children of all ages to have fluoride varnish.



## Is fluoride varnish safe?

Yes, fluoride varnish can be used on babies from the time they have their first teeth. Only a very small amount of fluoride varnish is used.

## How is fluoride varnish put on the teeth?

The varnish is easily painted on the teeth with a small, one time use brush. It is quick, easy and has good flavor.



## What should you do after fluoride varnish is put on your child's teeth?

- Do not brush your child's teeth until the next day.
- Do not allow your child to eat hard or chewy foods or chew gum that day.
- The fluoride varnish can be yellow or clear. The teeth may look yellow for 24 hours. The color will disappear when the teeth are brushed the next day.

## How long does varnish last?

The fluoride varnish sticks to the teeth until it is brushed away the next day. Varnish should be put on the teeth every 3 to 4 months to keep the teeth healthy.

## Who will give your child the varnish?

A trained health professional will put the varnish on your child's teeth.

## How much does the varnish cost?

If your child has Medicaid or other dental insurance, the insurance company may be billed. A special program might cover the cost or a very small fee may be charged.