

What is Fluoride Varnish?

Fluoride varnish is a protective coating that is painted on teeth to help prevent new cavities and to help stop cavities that have already started.

The paint on fluoride varnish is sticky, so it attaches to the teeth easily and makes the outer layer (enamel) of the teeth harder helping to prevent cavities.



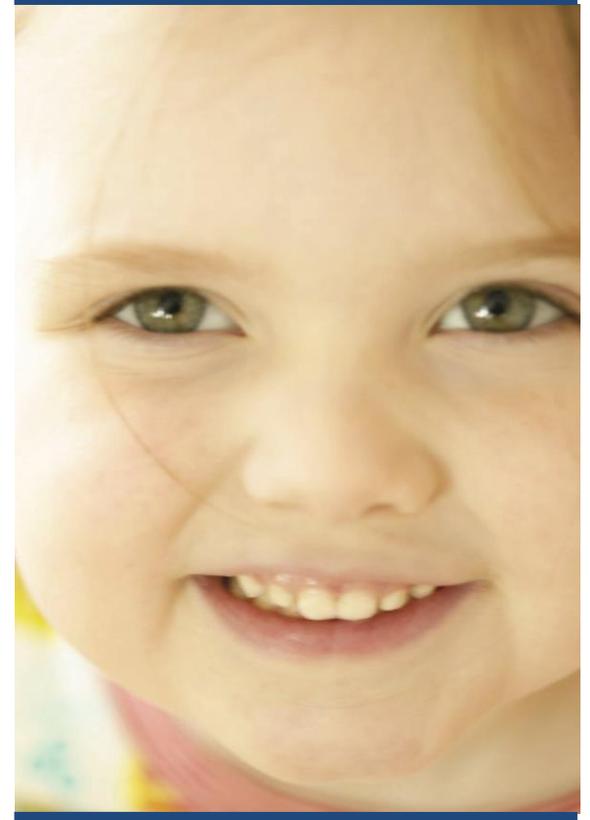
Public Health
Prevent. Promote. Protect.

Waukesha County

Compliments of
Waukesha County Public Health Division
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<http://www.waukeshacounty.gov/childhealth>

Fluoride Varnish



**Protect
Your Child's
Smile**

Why is fluoride varnish recommended for children's teeth?

Tooth decay is one of the most common preventable diseases in children. Children as young as 12 to 18 months can get cavities. Cavities in children's teeth can cause pain and prevent children from eating, speaking, sleeping and learning.

Does my child need fluoride varnish?

Children who are at risk for dental decay or do not live in communities with fluoridated water benefit from the application of fluoride varnish to their teeth to help stop or prevent decay.

At what age should fluoride varnish be applied?

Fluoride varnish is recommended for children of all ages, including infants. Fluoride varnish is an effective replacement for weekly school fluoride mouthrinse programs.



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 applied to the teeth?

The fluoride varnish is easily painted on the teeth with a small disposable brush. It is quick, painless, and does not have a bad taste.

What should parents do after fluoride varnish is applied to a 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, including gum, on the treatment day. This might chip the varnish off.
- The fluoride varnish can be yellow or clear. If the teeth appear yellow for 24 hours, this is normal and will disappear when the teeth are brushed the next day.

How long does fluoride varnish last?

The fluoride varnish sticks to the teeth until brushed away the next day; however, the benefits of the fluoride will last for several months.



Who will provide this service?

A trained health professional will apply the fluoride varnish to your child's teeth.

Who is eligible to have fluoride varnish applied?

Any child who is under age 6 and participates in Waukesha County Public Health Division's HealthCheck Program is eligible to have fluoride varnish applied at the Public Health Division.

