

## Fluoride Varnish Information for Parents

### 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.

### Why do children need fluoride varnish?

Cavities in baby teeth can cause pain and affect children's ability to eat, speak, sleep and learn properly.

### Is fluoride varnish safe?

Yes, fluoride varnish can be used on babies from the time they get their first teeth.

### How is it put on the teeth?

The varnish is painted on the teeth. It is quick and easy to apply.

### How long does the fluoride last?

The fluoride coating will work best if it is used 3-4 times a year.

### After the treatment...

Do not brush or floss your child's teeth for at least 4-6 hours. Give your child a soft food diet for the rest of the day. Avoid hot drinks and products containing alcohol such as mouthwash and oral rinses.



Adapted from Baltimore City Health Department and OMNI (3M ESPE). 9/13/10

For accommodation of persons with special needs, call  
**1-888-439-5123** or TTY **1-866-522-2731**