

## Parent Checklist After Fluoride Varnish



- ■ It's ok to drink water.
- ■ Don't give foods that are hard, crunchy, or chewy for the rest of the day.
- ■ Don't brush or floss child's teeth that day or night.
- ■ Brush and floss teeth beginning the next day.
- ■ Remember that any yellowish coating will go away.

**My Dentist:**

\_\_\_\_\_

**Phone Number:**

\_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Next Appointment:**

\_\_\_\_\_

### ~ **Remember** ~

- Baby teeth are important.
- Get a "Dental Home" for regular visits to the dentist.
- Make your child's first visit by age one.
- Brush your child's teeth every morning and night with a tiny dab of fluoride toothpaste.
- Limit sugary snacks, drinks and juices.

Need Help Finding a Dentist?  
Call the San Francisco Women and  
Children's Health Referral Line  
**1-800-300-9950**

Adapted from Dept of Public Health San Bernardino County  
by the California Child Health & Disability Prevention  
Program Oral Health Subcommittee Revised 9/19/12

# Fluoride Varnish



# Helping Smiles Stay Strong



**Fluoride Varnish**  
is a new and easy way  
to help protect teeth  
against tooth decay!



# Fluoride Varnish



- ■ Is a protective coating that is painted on teeth to prevent tooth decay
- ■ Is safe, quick and doesn't hurt
- ■ Helps even if using fluoride drops, tablets, rinses, toothpaste or drinking fluoridated water
- ■ Can be applied at Child Health & Disability Prevention (CHDP) visits and other medical and dental visits
- ■ Works best when applied 2 or more times a year
- ■ Can be applied as soon as the first tooth comes in
- ■ May briefly coat teeth a slightly yellow color - brushing the next morning will return teeth to their normal color