

## Tips to help fluoride varnish stay on the teeth all day...

- ☑ It's ok to drink water.
- ☑ Don't give foods that are hard, crunchy, or chewy for the rest of the day.
- ☑ Give cold or warm (not hot) foods or liquids.
- ☑ Don't brush or floss child's teeth that day or night.
- ☑ Brush and floss teeth beginning the next morning.



## Remember

- Baby teeth are important.
- Brush your child's teeth every morning and night with a tiny dab of fluoride toothpaste.
- Limit sugary snacks, drinks, and juices. Offer water often. Do not give soda.
- Choose a dental office for your child's "Dental Home."
- Make your child's first dental visit by age one.
- Begin regular visits every 6 months or as advised by the dentist.

**For more information, call your local CHDP program:**

California Department of Health Care Services  
Child Health and Disability Prevention (CHDP) Program  
Oral Health Subcommittee

Revised 7/16/2018

# Fluoride Varnish



# Helping Smiles Stay Strong



## Fluoride Varnish

**Ask your medical  
doctor to apply  
fluoride varnish to  
your child's teeth  
today!**

- ❖ Is a protective coating brushed on the 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 well-child visits, other doctor appointments, and the dental office
- ❖ Works best when applied 2 to 5 times a year
- ❖ Can be applied as soon as the first tooth comes in
- ❖ May appear yellow on the teeth – brushing the next morning will return teeth to their normal color
- ❖ Is also effective for children with special health care needs

