

LET'S HELP STOP TOOTH DECAY WITH FLUORIDE VARNISH

What is fluoride varnish?

- Fluoride varnish is a thick liquid painted on the teeth with a small disposable brush.
- It strengthens tooth enamel and can help prevent dental decay.
- The fluoride varnish is bubblegum flavored.
- Easy to apply and dries quickly
- Free to children
- Can be applied by a trained non-dental individual
- Twice -a- year application done at the school

Why should my child get fluoride varnish?

- Fluoride strengthens the teeth and can reverse the early decay process on a tooth
- Fluoride varnish is one of the most effective ways to prevent tooth decay, if applied regularly

Why do kids need fluoride?

- Dental caries (tooth decay) is the most common childhood disease
- U.S. children miss over 51 million hours of school because of dental problems
- Tooth decay is a common preventable disease.
- Cavities in baby and permanent teeth can cause pain and prevent children from eating, speaking, sleeping, and learning properly.
- It is important to protect both primary (baby) teeth and permanent teeth.
- Children don't lose all of their primary teeth until age 12 or older.

How long does the varnish last?

- The effects of the fluoride last for several months.
- The fluoride varnish is brushed off the teeth the morning after the application.

Who should get fluoride varnish?

- Fluoride varnish is for *anyone* who has risk factors for tooth decay, such as:
 - A person that has had tooth decay
 - Wears orthodontic appliances
 - Has white spots on teeth
 - Frequently drinks sports drinks, soda, and other sugary beverages
 - Frequently chews sugar gum or eats candy and other sweets
 - Has a disability which hinders the ability to take care of teeth
 - Has a parent or family member who has had tooth decay

Fluoride varnish is both **safe** & beneficial for **all ages**.

***The application of fluoride varnish does not replace a comprehensive oral examination by your dentist, which is recommended once a year. ***



In partnership with the:
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