

How to Paint Fluoride Varnish on Teeth

Be sure to keep the fluoride varnish away from small children.

Avoid getting the fluoride varnish on clothing, face and fingers.

1. It is best to put the fluoride varnish on the teeth at bedtime after regular brushing.
2. Put a chair close to a wall so that your child can tilt his/her head back.
3. Open the fluoride varnish packed and stir the thick varnish with the little paintbrush.
4. Paint a thin layer of varnish on **all sides of all teeth** with the little paintbrush.
 - A. Start with the insides of all the teeth.
 - B. Move to the outsides of all the teeth.
 - C. Finish with the chewing surfaces of the teeth.
 - D. Throw away the little paintbrush and package.
5. The varnish will get thick quickly and is very sticky. It may look like a yellow layer on teeth.
6. The varnish will make your child's teeth feel waxy or "fuzzy".
7. It is ok to eat and drink, but avoid hard crunchy foods and hot beverages for 3-4 hours.
8. Do not brush or floss teeth until tomorrow morning.



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