



Fluoride Varnish Application Training for Missouri Oral Health Preventive Services Program



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**
Office of Dental Health

State of Missouri Department of Health and Senior Services
Office of Dental Health/Oral Health Program

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis.



Course Instructions

- **The course will take approximately 16 minutes to complete.**
- **The YouTube training presentation will advance automatically.**
- **You may stop and start this course at any time.**
- **Completion Code=VARNISH.**
- **You will earn 1 credit hour of continuing education.**



Program Objectives

At the completion of this course the learner will be able to:

- **Describe the four basic components of the Preventive Services Program (PSP).**
- **Understand why fluoride varnish is used as a decay-preventive agent.**
- **Explain the materials necessary to apply fluoride varnish.**
- **Describe methods of varnish application.**

The Preventive Services Program

The Missouri Oral Health Preventive Services Program (PSP) is a community-based, systems approach to population-based prevention of oral disease.



PSP Methodology



SURVEILLANCE

Annual screening conducted by a licensed dentist or dental hygienist.

EDUCATION

Curriculum materials available. Free toothbrushes and toothpaste.

PREVENTION

Fluoride varnish applied twice per year by trained volunteers.

REFERRAL

Children needing early or urgent dental care.

People Involved in the Event

EVENT COORDINATOR

Person coordinating the screenings, varnish applications, education and referrals for the school or agency.

Typically a School Nurse, Head Start Health Coordinator, County Nurse or Parent

SCREENER

Dentist
or
Dental Hygienist

VARNISH VOLUNTEER

Parent, nurse,
teacher or any other
person interested in
applying varnish

OTHER ASSISTANT

Parent, nurse, teacher or any
other person interested in
helping with the details of
the event

- **You will be one of many involved in a PSP Event.**
- **The purpose of PSP; “Many hands working together for the improved oral health of the community.”**
- **Your role is to provide fluoride varnish applications to the children’s teeth.**

Fluoride Varnish is....

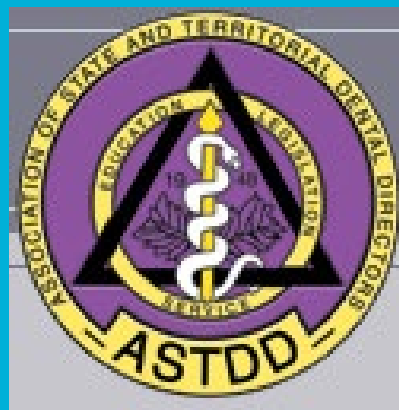


- **Safe for all ages.**
- **Easy to apply.**
- **Effective in helping to reduce dental decay/cavities.**

Fluoride Varnish is Endorsed by the Following Associations

ADA American Dental Association®

America's leading advocate for oral health



How Fluoride Varnish Works



- **Delays, stops and may reverse the decay process.**
- **Decreases the harmful effects of mouth acids.**
- **Rebuilds tooth enamel.**

Set Up the Area

- Two straight back chairs will be necessary for the application, one for yourself and one for the child.
- A table or desk near your work area will keep supplies close for accessing.
- A trash can for disposables.



Fluoride Varnish is Supplied in Individual Dose Packs.



Other Items You May Need:



- **Masks.**
- **Gloves (latex free).**
- **Eye Wear (optional).**
- **Hand Sanitizer.**

These items will be at the site for your use.

Maintain the Child's Privacy and Self-Esteem

Remember, some children will have dental decay and poor oral hygiene.

Apply fluoride varnish in such a way as to maintain some form of privacy and also keep his/her dignity intact.



Infection Control



- **Change gloves after each child.**
- **Wearing a face mask will decrease your chances of contracting colds/flu.**
- **Use hand sanitizer often.**

Application Tip #1



A knee to knee/lap position is helpful to use with infants and possibly toddlers.



Position a chair near a wall so that the child can tilt his/her head back.

Application Tip #2

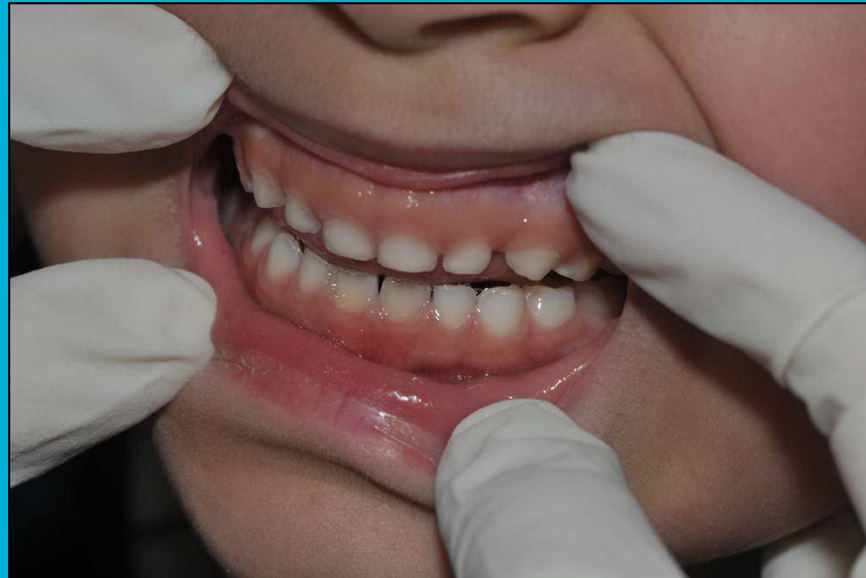


Good light and retraction with a gloved finger can make all the difference.



Application Tip #3

Don't be afraid to use your fingers to move the lips and cheeks.



Application Basics



- The teeth DO NOT need to be dried or brushed prior to the application of fluoride varnish.
- Varnish is “painted” on all surfaces of the teeth with a disposable applicator.
- Application takes approximately 1-2 minutes.

Application Process

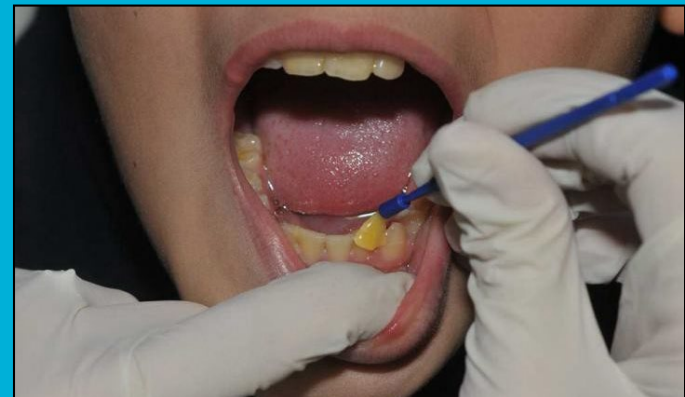
- Apply a thin layer of varnish on all surfaces of all teeth with disposable applicator.
- The material will make the child's teeth feel "fuzzy".
- Keep up friendly chatter with the child to distract them and provide encouragement.



**AVOID APPLYING THE VARNISH
TO LARGE AREAS OF DECAY**

Suggested Application Sequence

- Start with the cheek surfaces of teeth...
- Apply a thin layer of fluoride varnish to the cheek and front surfaces of all the teeth,
- Upper and Lower,
- Front and Back.



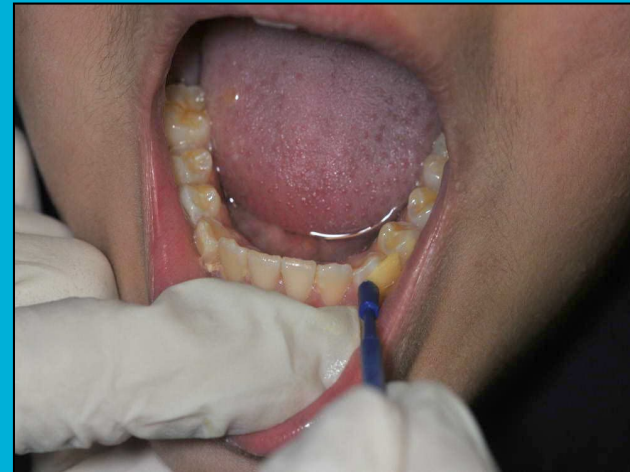
Suggested Application Sequence

- Now, Apply a thin layer of fluoride varnish to the inside of the mouth surfaces;
- Upper and Lower,
- Front and Back.



Suggested Application Sequence

- Finish with the chewing surfaces of the teeth.
- Apply a thin layer of fluoride varnish to the chewing surfaces of all the teeth;
- Upper and Lower.



To Review the Sequence



- **Outsides**
- **Insides**
- **Chewing Surfaces**

DO NOT ALLOW THE CHILD TO SPIT INTO A TRASH CAN

- After the varnish has been applied to all surfaces of the teeth, ask the child to close their mouth and swallow, watch them swallow.
- Assure the child they are not swallowing the varnish.
- Most teachers will allow children to have a drink after the application.



Application Appearance



The varnish hardens quickly after application and may appear as a slightly off-white color.

Post Application

- **Okay to eat and drink as usual, however avoid hard crunchy foods and hot beverages**
- **The child may not have the mouth mirror**



Fluoride Varnish-Twice Per Year



- **Recommendations call for two applications per year.**
- **Two applications per year can help reduce decay dramatically.**
- **Preschool children who had no fluoride treatments were almost four times as likely to have decay as those who received fluoride varnish applications at six-month intervals.**

The End Result



HAPPY, HEALTHY

SMILES



Test Your Knowledge

Can you correctly answer the following questions?



Question- Is it mandatory that the teeth are dried before fluoride varnish is applied?

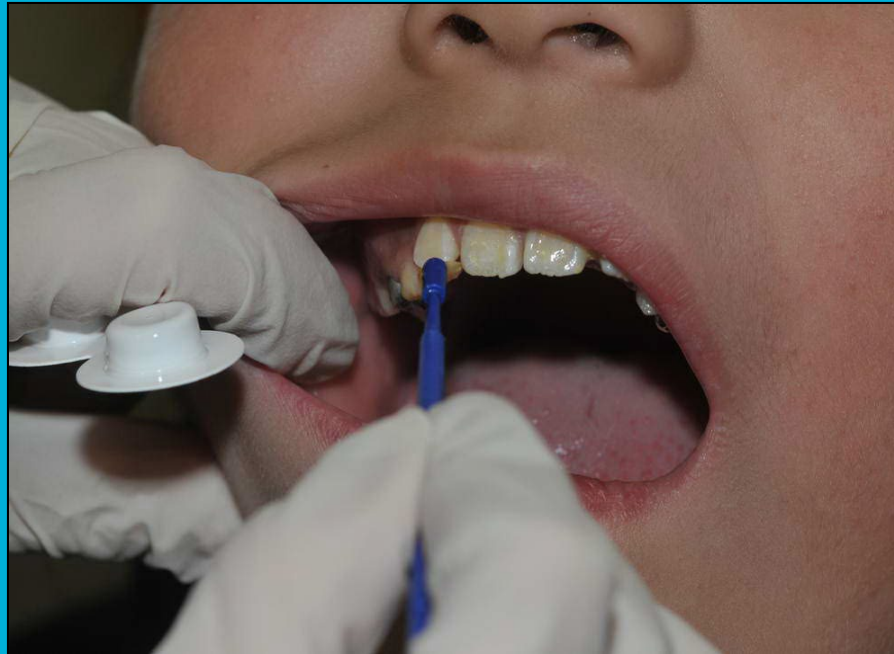




Question- Is it mandatory that the teeth are dried before fluoride varnish is applied?

- **No, it is not mandatory to dry the teeth before varnish application.**

Question- Does the child have to wait 30 minutes after varnish application before he/she can eat or drink?





Question- Does the child have to wait 30 minutes after varnish application before he/she can eat or drink?

- **It is not necessary that the child wait after the fluoride varnish has been applied.**
- **The child can eat and drink normally, however, it is suggested to avoid crunchy food and very hot liquids.**



Question- Is it alright for the child to spit into a trash can?



Question- Is it alright for the child to spit into a trash can?



**DO NOT ALLOW
THE CHILD TO SPIT
IN A TRASH CAN!**



Questions?

Contact

**Department of Health and Senior Services
Office of Dental Health/Oral Health Program**

573-751-5874

<https://psp.health.mo.gov>

**To Locate the Oral Health Program
Consultant
Nearest You**

Thank You for Joining with Others to Improve the Oral Health of Missouri's Children.



Thank You!

