

## After Fluoride Varnish



- Don't brush or floss child's teeth for 4-6 hours
- Brush and floss child's teeth beginning the next day
- Remember that the yellowish coating will go away
- Don't give your child foods that are hard, crunchy, chewy or hot for the rest of the day
- It's okay for your child to drink only water after the fluoride varnish

## 5 Tips for Parents

- Make your child's first visit to a dentist by their first birthday
- Brush your child's teeth every morning and night for two minutes.
- Ask your doctor about fluoride varnish
- Replace your child's toothbrush every four months or when worn out
- Feed your child at least five colorful fruits and veggies a day

To find a dentist, call Denti-Cal at  
800.322.6384

 **My Dentist:**

\_\_\_\_\_

 **Phone Number:**

\_\_\_\_\_

 **Address:**

\_\_\_\_\_

For more information about fluoride varnish,  
visit [www.hpsj.com/healthysmiles](http://www.hpsj.com/healthysmiles)

# FLUORIDE VARNISH



## Helping smiles stay strong

Health Plan   
of San Joaquin

# Fluoride Varnish is one way to help protect teeth



"Fluoride varnish is safe, works well and does not hurt. It is approved by the FDA and endorsed by

the American Dental Association (ADA) and the American Academy of Pediatrics (AAP). The varnish sticks to the teeth right after its application and hardens a little, so it is not ingested. It is fine for a child to swallow, spit or have a drink of water right after the application. It is a pain-free treatment that can prevent the real pain of having dental cavities. For such a quick and simple step, the benefits are huge." **Maggie Park, MD**

Step 1



Doctor cleans and dries the teeth

Step 2



Doctor paints varnish on child's teeth

## Fluoride Varnish

- Is a protective coating that is painted on teeth to prevent tooth decay
- Is safe, quick and does not hurt
- Helps even if taking other forms of fluoride (drops, tablets, rinses) or drinking fluoridated water
- Can be applied at your child's next doctor's visit
- Works best when applied at least 2 to 3 times a year
- Can be applied as soon as the first tooth comes in or at your child's first birthday
- May briefly coat teeth a slightly yellow color - brushing the next morning will return teeth to their normal color