

After Fluoride Varnish:



Ask your doctor or dentist when brushing teeth again is okay.



Remember, any yellow on teeth will go away.



Try not to give your child foods that are hard, crunchy, chewy, or hot for the rest of the day. Soft foods are OK.



It is OK for your child to have room temperature water after using fluoride varnish.



For more information about fluoride varnish, visit www.hpsj.com/healthysmiles.



Five Tips for Parents



Make your child's first visit to a dentist by their first birthday.



Brush your child's teeth twice a day for 2 minutes.



Ask your child's doctor about fluoride varnish and other kinds of fluoride to use at home.



Replace your child's toothbrush once every 4 months or when worn out.



Floss daily. This will help get all the food that is trapped between teeth.



Find Your Dentist

Smile California

1-800-322-6384

www.smilecalifornia.org/find-a-dentist

My Dentist: _____

Appointment: _____

Phone: _____

Address: _____

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Health Plan
of San Joaquin



Mountain Valley
Health Plan



Fluoride Varnish

Helping Healthy
Smiles Stay Strong

Fluoride Varnish is One Way to Help Protect Teeth

What is fluoride varnish?



It is a protective coating that is painted over your teeth to prevent decay.



It is quick and safe.



It can help teeth even if you use other forms of fluoride (drops, tablets, rinses).



It can be applied during your child's next appointment.



It works best when applied at least 2 to 3 times a year.



It can be applied as soon as the first tooth comes in.



It can make the teeth look slightly yellow. Brushing the morning after will return teeth to their normal color.



For more information about fluoride varnish, visit www.hpsj.com/healthysmiles.

Source: www.healthychildren.org



Quick and Pain-Free



Step 1:

The doctor cleans and dries the child's teeth.



Step 2:

The doctor paints varnish on the child's teeth.

Safe and Effective

"Fluoride varnish is safe, works well, and does not hurt. It is approved by the Food and Drug Administration (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

