



FLUORIDE VARNISH

Five things every parent should know:

- 1 Tooth decay hurts and can make it hard for children to eat, speak, sleep and learn.
- 2 Using fluoride is a safe way to prevent tooth decay. **Fluoride varnish** is a protective coating of fluoride that is painted onto the teeth. It goes on quickly and doesn't hurt. It can even heal early tooth decay!
- 3 All children and adults who are at risk for tooth decay should get fluoride varnish.
- 4 You can get fluoride varnish during any visit to your doctor or dentist.
- 5 Fluoride varnish works best if you get it 2 to 4 times a year.

After fluoride varnish treatment:

Keep the varnish on the teeth as long as possible:

- ⇒ Offer your child soft foods for the rest of the day.
- ⇒ Do not brush or floss teeth until the next day.

Did you know?

Tooth decay is almost 100% preventable.

To keep your child smiling:

- Brush and floss every day.
- Use fluoride (toothpaste, varnish, water).
- Choose healthy snacks like fruits, vegetables and cheese.
- See a dentist regularly.

