

# Fluoride Varnish

Factsheet For Parents

## What is fluoride varnish?

- Fluoride varnish is a protective coating that is applied to teeth to help prevent cavities.

## Why is fluoride varnish recommended?

- Fluoride varnish makes teeth stronger, stops cavities from getting worse and helps to prevent new cavities from forming. Cavities can cause pain that may lead to trouble eating, speaking, playing and learning. They can also cause serious infections.

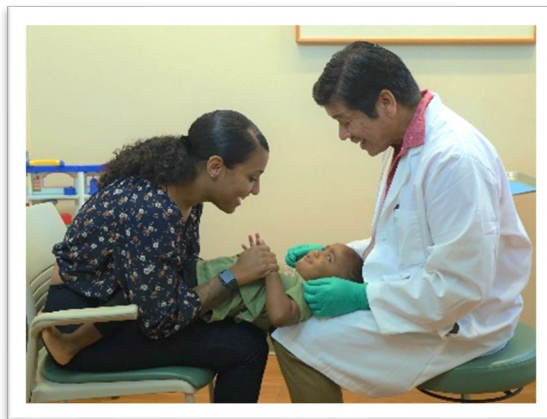


## Is fluoride varnish safe?

- Yes. Fluoride varnish is safe for any age. It can even be used on babies when their first teeth come in. If you have questions or concerns about using fluoride varnish, talk to your healthcare provider or dentist. Children should see a dentist starting by age 1.

## How is fluoride varnish applied?

- Fluoride varnish is painted on the teeth with a brush by a trained dentist, dental hygienist, doctor or nurse. It is quick and easy and there is no pain or bad taste. The varnish sticks to the teeth and may make the teeth look yellowish, but this will go away when the teeth are brushed the next day.



## How long does fluoride varnish last?

- Fluoride varnish keeps protecting teeth for several months. It works best if it is reapplied every three to six months.

## Can I eat, drink or brush my teeth after fluoride varnish is applied?

- Do not brush or floss for at least 4-6 hours after application.
- Avoid hot beverages until the following day.
- Avoid hard or crunchy foods until the following day.

## Is fluoride covered by my insurance?

- Most dental and medical insurance providers, including Medicaid, cover fluoride varnish.
- Ask your provider to check your coverage.

