

Information for Parents About Fluoride Varnish



Why do we recommend putting fluoride varnish on children's teeth?

Tooth decay is one of the most common preventable diseases seen in children. Children as young as 12-18 months can get cavities. Cavities in baby teeth can cause pain and even prevent children from being able to eat, speak, sleep and learn properly. Children do not lose all their baby teeth until they are about 11 or 12 years old.

What is fluoride varnish?

Fluoride varnish is a protective coating that is painted on teeth to help prevent new cavities and to help stop cavities that have already started.

Is fluoride varnish safe?

Yes, fluoride varnish can be used on babies from the time they have their first teeth. Only a very small amount of fluoride varnish is used. This method of providing fluoride to teeth has been used in Europe for more than 25 years. Fluoride varnish is approved by the FDA and is endorsed by the American Dental Association.

How is it put on the teeth?

The varnish is painted on the teeth. It is quick and easy to apply and does not have a bad taste. There is no pain, but your child may cry just because babies and children don't like having things put in their mouths especially by people they don't know! Your child's teeth will be yellow/white after the fluoride varnish is painted on. This coloring will go away the following day after you brush your child's teeth.

How long does the fluoride last?

The fluoride coating will work best if it is painted on the teeth 3-4 times a year.

Baby Teeth are Important!

Remember, do not clean your child's teeth today and do not give them hard or sticky foods. Start cleaning your child's teeth tomorrow morning. The coloring will come off when you brush your child's teeth.



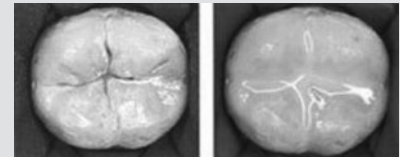
Dental Sealants Fact Sheet

What do parents need to know about Dental Sealants?

- Dental sealants can prevent tooth decay (cavities).
- Your child can get FREE sealants at school through Oregon's School-based Dental Sealant Program.
- A licensed provider puts on the sealant and checks your child's teeth.
- Getting sealants does not hurt; no anesthetic is needed!
- Dental sealants only protect the molars.
- It is very important that your child keeps brushing and flossing each day, and using fluoride either at home or at school.

Did you know?

- Tooth decay is almost 100% preventable.
- Dental sealants "seal out" germs to prevent cavities in the molars (back teeth).



Before

After

Keep your child smiling by brushing and flossing every day!

Although very rare, an allergic reaction is possible. If you notice any unusual symptoms in your child after treatment, please call your child's doctor and the Community Health Centers of Lane County Dental Prevention Program at 541-682-3560

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