



Fluoride Varnish

For children age six
months and older

What is fluoride varnish and what does it do?

- Fluoride varnish is a protective coating that is painted on the teeth to prevent new cavities from forming. It helps stop small cavities that have already started.
- Fluoride varnish strengthens a child's teeth. The stronger the teeth, the less chance that the child will develop cavities.

Is fluoride varnish safe?

Yes, fluoride varnish can be used on babies' teeth. It is safe because only a small amount of fluoride varnish is used, and it sticks to the teeth immediately. This reduces the risk of too much being swallowed.

How is fluoride varnish put on the teeth?

- The varnish is painted on the teeth. The varnish has a mild, pleasant taste and can be applied quickly and easily. It takes less than a minute to apply the varnish.
- Application is not painful but the child might cry because babies and young children do not like being held in one position or having things put in their mouths.

- Depending on the type of fluoride varnish used, the teeth might appear dull after the application. This will wear off or be brushed off the next day.
- The teeth should not be brushed until the next day.

How long does the fluoride varnish last?

- The protection from fluoride varnish will continue to work for several months.
- The fluoride varnish should be reapplied every 4–6 months.



Fluoride varnish being applied to a baby's teeth.