



**What you need to  
know about...**

**Fluoride Varnish**

DentaQuest<sup>®</sup>

## Ask your dentist about fluoride varnish today!

### What is fluoride varnish?

Fluoride varnish is a protective coating that can be painted on your child's teeth by a dentist to help prevent new cavities and to help stop cavities that have already started.

Call your health plan for help finding a dentist for your child. It is best if the fluoride varnish is applied by a dentist. The dentist can also help with any other dental needs your child may have. If a dentist is not available, fluoride varnish can sometimes be applied by a trained doctor.

Fluoride varnish does not replace the need for regular dental check-ups. Visit your dentist every 6 months for a routine exam, or as determined by your dentist.

### 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.

### Is fluoride varnish safe?

Fluoride varnish is a safe and effective way to help prevent cavities. Fluoride varnish can be used on babies from the time they have their first teeth. Although rare, children with allergies to colophony (colophonium) and pine

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nuts could have allergic reactions to fluoride varnish. If your child is allergic to nuts or you have questions, talk to your doctor or dentist. 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 may be yellow after the fluoride varnish is painted on, but the yellow color will come off when you brush your child's teeth.

### Remember, baby teeth are important!

Children do not lose all their baby teeth until they are about 12 to 13 years old. It is important to take good care of a young child's teeth.

### Tips to prevent tooth decay in children:

- Wipe baby's gums with a wet cloth after feeding, even before baby's teeth appear.
- Do not put baby to bed with a bottle.
- Brush twice a day for at least two minutes with a soft bristled toothbrush.
- Children ages two and older should use toothpaste that has fluoride.
- Visit the dentist for a routine exam every 6 months, or as determined by your dentist.
- Give your children healthy snacks such as fruits and vegetables.

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