



**Cedar Park Pediatric
& Family Medicine**
Complete Medical Care for your Family

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.

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

Tooth decay is one of the most common preventable diseases seen in children and left untreated can result in much higher dental costs as children grow up. Children as young as 12-18 months can get cavities. Cavities in baby teeth can cause pain and effect children's ability to eat, speak, sleep and learn properly. Children do not lose all their baby teeth until they are about 12 to 13 years old.

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 30 years.

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 dull or yellow after the fluoride varnish is painted on, but this will come off when you brush your child's teeth tomorrow.

When should kids get their next application of varnish? The fluoride coating should be applied twice a year.

What should I tell my dentist? Dentists also apply varnish, so you should let your child's dentist know when your child last received an application.

Baby Teeth are Important!

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