FLUORIDE VARNISH

Helping Smiles Stay Strong

Taking care of our teeth is part of total health. This includes baby teeth. Cavities can cause pain and make eating, sleeping, and speaking difficult. Fluoride varnish helps protect your teeth by making them stronger.

Fluoride varnish…

- Is a protective coating brushed onto teeth to prevent tooth decay
- Is safe, quick, and doesn't hurt
- Can be applied at medical and dental offices as soon as teeth erupt
- Works best when applied two times a year
- Is effective for children with special health care needs

After Fluoride Varnish is Placed

- Your child can eat and drink right away.
  - Avoid crunchy foods.
  - Avoid hot foods and drinks.
- Wait to brush or floss your child's teeth for at least 4 hours.
  - Teeth may appear yellow.
  - Brushing will return them to their normal color.

Tips for a Healthy Smile

- Brush your child's teeth every morning and night with a dab of fluoride toothpaste.
- Help your child floss once a day.
- Offer water throughout the day.
- Limit sugary snacks and drinks, including juices; do not give your child soda.
- Add fruits and vegetables to every meal.
- Start visiting the dentist by 12 months of age.

For more information, contact:
County of San Diego Oral Health Program
619-692-8858 or sdmcfhs.org

Insert name of medical/dental office in bold
Street address
Phone
Website

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

Insert logo here

Revised 07/2024