# How to Apply Fluoride Varnish

## Read manufacturer's directions. Instructions will vary by brand.

Supplies needed: Fluoride varnish packet and gloves (gauze may be optional).

1. Explain the purpose and benefits of fluoride varnish to the parent.

2. Properly position the child. Use the knee-to-knee position for children under 2.

3. For children 2 years and older, use exam table or child can sit on caregiver's lap.

4. Dry teeth with gauze (this may be optional).

5. Apply varnish to all desired tooth surfaces.

6. Provide post-care instructions and refer to a dental home.

*Images 2-3 reused with permission from the Minnesota Oral Health Coalition, and images 4-5 reused with permission from the American Academy of Pediatrics: A Pediatric Guide to Children's Oral Health.*

**For more information, contact:**

County Oral Health Program
(619) 692-8858
sdmcfhs.org

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# Fluoride Varnish

## Purpose, Benefits, and Post-care Instructions

### Purpose and Benefits of Fluoride Varnish

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

### Post-Care Instructions

- Your child can eat and drink right away.
- Avoid crunchy foods (this will chip away the varnish).
- Avoid hot foods and drinks (this will melt away the varnish).
- Don't brush or floss your child's teeth for at least four hours.

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