

How to Apply Fluoride Varnish

Always follow the manufacturer's instructions for use.

Materials needed: Gloves, fluoride varnish, and gauze.

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. Apply fluoride varnish to the upper left side.



5. Then apply to the lower left side and repeat on the right side.



6. Paint the front teeth last.



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

Provide post care instructions to parents and remind them to:

- Start going to the dentist by age 1
- Visit the dentist regularly

For more information, contact the County Oral Health Program at (619) 692-8858



Tips for Parents

Purpose and Benefits of Fluoride Varnish.

Share this information with the parent *before* applying fluoride varnish.

Fluoride varnish:

- Is a protective coating brushed on the teeth to prevent tooth decay.
- Is safe, quick, and doesn't hurt.
- Helps even if using fluoride drops, tablets, rinses, toothpaste, or drinking fluoridated water.
- Can be applied at well-child visits, other doctor appointments, and the dental office.
- Works best when applied 2 to 5 times a year.
- Can be applied as soon as the first tooth comes in.
- May appear yellow on the teeth-brushing the next morning will return teeth to their normal color.
- Is also effective for children with special health care needs.

Post-Care Instructions

Share this information with the parent *after* applying fluoride varnish.

- It's okay for your child to drink water.
- Don't give foods that are hard, crunchy, or chewy for the rest of the day.
- Give cold and warm (not hot) foods or liquids.
- Don't brush or floss your child's teeth that day or night.
- Brush and floss your child's teeth beginning the next morning.



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