

What is fluoride varnish?

Fluoride varnish is a medicine that is painted on the teeth. It coats the teeth and helps prevent cavities from forming.

Why is fluoride varnish recommended?

Tooth decay is very preventable. Even young children can get cavities. Cavities can be painful and impair a child's ability to eat, speak, sleep, grow, and learn.

Is fluoride varnish safe?

Fluoride varnish is very safe. Adverse reactions are extremely rare.

How much does it cost?

Donations are appreciated, but there is no cost for fluoride varnish application.

How often does my child need to have fluoride varnish applied?

Fluoride varnish works best when it is applied 3-4 times a year.

We have fluoride in our water (or my child takes fluoride supplements)...can they still receive fluoride varnish?

Yes. Fluoride supplements work from the "inside-out" to strengthen teeth as they grow; fluoride varnish works from the "outside-in" to make the enamel on the outside stronger.



Does my child still need to see a dentist?

Yes. Fluoride varnish does not take the place of regular dental care.

Who is eligible to receive fluoride varnish?

Any child under the age of six with at least one tooth is eligible to receive fluoride varnish.

Who should not receive fluoride varnish?

Children with large cavities or other sores in their mouths should see a dentist first. Anyone who is allergic to colophony should not receive fluoride varnish.

Where can I get more information?

You can call the Jefferson County Health Department at 920-674-7275.

Before coming in for fluoride varnish...

- Don't give your child his/her fluoride supplement.
- Help your child brush his/her teeth.



After receiving fluoride varnish...

- Your child can have a drink of water.
- It is normal for their teeth to look dull and have a yellow tint to them. This will go away after the teeth are brushed.
- Don't brush your child's teeth until the next day.
- Remember to have your child eat soft foods for the rest of the day...crunchy, sticky or sugary foods prevent the varnish from working properly.

Jefferson County
Health Department



Fluoride Varnish
Application
Program