Appointments can be made by calling any one of the following locations:

Mt. Oliver
Mt. Oliver Family Health Center
1630 Arlington Ave.
Mt. Oliver, PA 15210
(412) 432-1620

McKeesport
Wander Building
339 Fifth Avenue
McKeesport, PA 15132
(412) 664-8858

Center City
Hill House
1835 Centre Ave.
Pittsburgh, PA 15219
(412) 392-4441

This program is brought to the community by:

UNIVERSITY OF PITTSBURGH School of Dental Medicine

Oral Health America

ALLEGHENY COUNTY HEALTH DEPARTMENT

Pediatric Dental Program
40th & Penn Avenue
Pittsburgh PA 15224
412-578-8378
www.achd.net/dental

002-DS-0817

Fluoride Varnish

Give your child's smile a healthy start with a fluoride varnish application

ALLEGHENY COUNTY HEALTH DEPARTMENT

Fluoride Varnish Helps Prevent Tooth Decay

What is fluoride varnish and what does it do?

Fluoride varnish is a thin protective coating that is "painted" on the teeth.

Fluoride varnish is applied to help prevent new cavities from forming and may help to slow or stop small cavities that have already started.

Fluoride varnish strengthens a child's teeth. The stronger the teeth, the less chance that the child will develop cavities.

How long does the fluoride varnish last?

The thin coating will last until brushed off the next day.

The protection from fluoride varnish will continue to work for several months. The fluoride varnish should be reapplied every 4-6 months.

*Fluoride varnish immediately after application**

Will my child's teeth look different?

Only temporarily, the teeth might appear dull or yellow just after the application. The teeth will look as they usually do once the varnish has had time to wear off or has been brushed off.

How long should I wait to brush my child's teeth after the fluoride varnish is put on his/her teeth?

*Application of fluoride varnish**

Although your child's teeth may look dull or slightly yellow after the fluoride varnish is applied, we recommend that you wait until the next day to brush your child's teeth. This will allow the fluoride to reach its maximum effect or benefit.

How is fluoride varnish put on my child's teeth?

The varnish, which has a mild, pleasant taste can be applied quickly and easily. It takes 1-2 minutes to apply. The teeth may be dried with a sterile gauze cloth. The fluoride varnish is "painted" on all surfaces of all teeth using a disposable applicator.

How long should my child wait to eat or drink fluoride varnish is put on his/her teeth?

Your child can eat or drink immediately following the application, though your child should ***avoid*** crunchy or hot foods for at least 5 hours.

Is fluoride varnish safe?

Yes, fluoride varnish is safe for all ages. Only a small amount of fluoride varnish is used, and it sticks to the teeth immediately.

Give your child's smile a healthy start with a fluoride varnish application

Give your child a head start: take steps to prevent tooth decay.

Here are 4 important steps for healthy teeth and bright smiles:

Brush and floss your child's teeth daily. Start as soon as teeth appear in the mouth.

Choose healthy snacks and limit sweets. Replace sugary drinks with water or milk.

Have regular dental checkups beginning as soon as teeth appear.

Take advantage of the benefits of the professionally applied fluoride varnish program offered by the Allegheny County Health Department.

** Photos from: Mariana Minatel Braga, Isabela Floriano, Fernanda Rosche Ferreira, Juliana Mattos Silveira, Alessandra Reyes, Tamara Kerber Tedesco, Daniela Prócida Raggio, José Carlos Pettorossi Imparato and Fausto Medeiros Mendes (2015). **Are the Approximal Caries Lesions in Primary Teeth a Challenge to Deal With? — A Critical Appraisal of Recent Evidences in This Field, Emerging Trends in Oral Health Sciences and Dentistry,** Prof. Mandeep Virdi (Ed.), InTech, DOI: 10.5772/59600. Available from: https://www.intechopen.com/books/emerging-trends-in-oral-health-sciences-and-dentistry/are-the-approximal-caries-lesions-in-primary-teeth-a-challenge-to-deal-with-a-critical-appraisal-of-*