Tips to help fluoride varnish stay on the teeth all day...

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

Remember

➢ Baby teeth are important.
➢ Brush your child’s teeth every morning and night with a tiny dab of fluoride toothpaste.
➢ Limit sugary snacks, drinks, and juices. Offer water often. Do not give soda.
➢ Choose a dental office for your child’s “Dental Home.”
➢ Make your child’s first dental visit by age one.
➢ Begin regular visits every 6 months or as advised by the dentist.

For more information, call your local CHDP program:

California Department of Health Care Services
Child Health and Disability Prevention (CHDP) Program
Oral Health Subcommittee

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Ask your medical doctor to apply fluoride varnish to your child’s teeth today!

- 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.