

Protect Your Child's Smile

- ✓ Brush twice daily with age appropriate amount of fluoride toothpaste
(under 3 years = rice grain size; 3-6 years = pea size)
- ✓ Limit sweet snacks
- ✓ Offer water between meals after age 1
- ✓ Visit the dentist by 1st birthday
- ✓ Get fluoride varnish applications as recommended by your medical or dental provider
- ✓ After brushing at night, allow only water (no milk, juice or food)



How much will fluoride varnish cost?

There is no cost to the family of a child receiving fluoride varnish through Central District Health Department. However, we will bill Medicaid or insurance if it is available.



DID YOU KNOW?

Cavities can be caused by germs passed from an adult to a child?

CDHD's First Teeth Matter Clinic is low-to-no-cost cavity prevention program for kids from their 1st tooth up to age 3.

Appointments include:

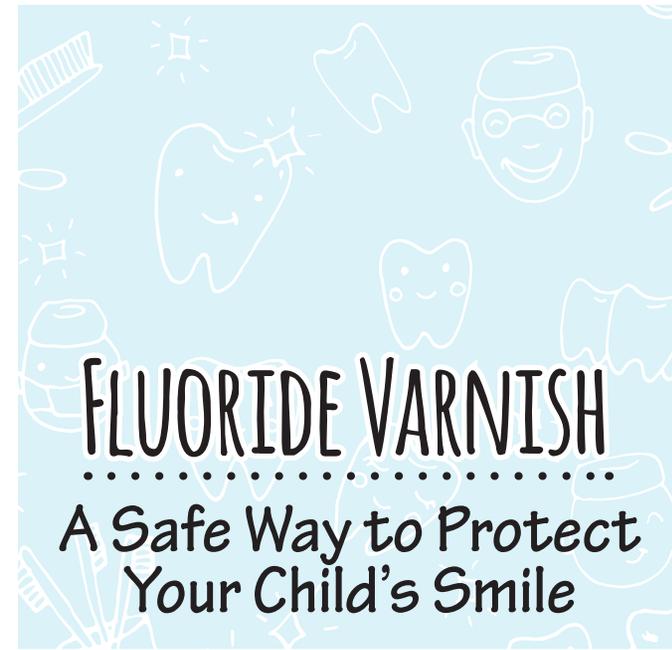
- Visual screening of your child's mouth
- Learn about your child's risk of developing cavities
- Application of fluoride varnish
- Oral health information to develop healthy habits early

LEARN MORE OR SCHEDULE AN APPOINTMENT!

Ada County: 208-327-7400
Elmore County: 208-587-4407
Valley County: 208-630-8002



cdhd.idaho.gov/hl-oralhealth



What is fluoride varnish?

Fluoride varnish is a clear, protective coating applied to the tooth's surface. It helps to strengthen teeth, prevent decay, and can even reverse early decay. A dental or medical professional can apply fluoride varnish.

Why is fluoride varnish recommended for children's teeth?

Tooth decay is one of the most common preventable diseases seen in children. Children as young as 12 to 18 months can get cavities. Cavities can cause pain and prevent children from eating, speaking, sleeping and learning.

Is fluoride varnish safe?

Yes! Over 70 years of research have found fluoride to be safe and effective in reducing tooth decay. Application is recommended starting at the eruption of the first tooth. Both the American Academy of Pediatrics (AAP) and the American Academy of Pediatric Dentists (AAPD) recommend the application of fluoride varnish to protect and strengthen teeth.



When should fluoride varnish be applied?

Fluoride varnish is most effective if it is applied 2-4 times per year starting when the first tooth erupts. The frequency depends on the child's risk of developing decay.



How is fluoride varnish applied?

The varnish is painted on the child's teeth with a small brush, much like polish is applied to fingernails. It is sticky but hardens once it comes in contact with saliva. Your child may temporarily feel the hardened sticky varnish with their tongue but will not be able to lick the varnish off.

The varnish used by Central District Health Department is white in color. Teeth will sometimes appear dull after application but return to their original appearance following brushing the next day.



How long does fluoride varnish last?

The fluoride varnish sticks to the teeth until it is brushed away; however, the benefits of the fluoride will last for several months. Fluoride varnish needs to be reapplied every three to six months for best results.

What should caregivers do after fluoride varnish is applied to a child's teeth?

- ▶ Do not brush or floss your child's teeth until the next day.
- ▶ Avoid hot, sticky, chewy and hard foods for the remainder of the day.
- ▶ The varnish is white and sometimes teeth will appear dull after application. They return to their original appearance following brushing the next day.