Fluoride Varnish Application

**Purpose:** A hygienist will be applying a fluoride varnish to your child’s teeth to aid in the prevention and reduction of decay.

**Procedure:** A thin layer of varnish is applied to the enamel surface of the teeth. The varnish comes pre-mixed in a .5ml solution and is applied in seconds with a small brush. There is no preparation required.

**Benefits:** Fluoride varnish (NaF 5%) is a resin based varnish that can be applied to the teeth as early as the eruption of the first tooth. Fluoride has been proven to be effective in the reduction of carious lesions (tooth decay). Fluoride acts to prevent decay by re-mineralizing tooth enamel, arresting the progression of early decay, reducing the number of cavity causing bacteria, and treating hypersensitivity. Fluoride varnish can be safely applied up to 4x per year.

**Risks:** Fluoride varnish should not be swallowed, as it may cause some stomach irritation. The application will set to the tooth enamel in the presence of saliva so there is little to no risk of ingestion. The varnish may leave a temporary darkened appearance of the teeth until your child is able to brush again.

**Post op instructions:**

- Refrain from brushing until tomorrow.
- Feed your child a soft diet, avoiding any sticky or crunchy foods.
- Avoid hot foods and liquids.

*Early childhood decay is the most prevalent chronic disease among children... 5 times that of asthma*