

Parent Checklist After Fluoride Varnish



- It's ok to drink water.
- Don't give foods that are hard, crunchy, chewy, or hot for the rest of the day.
- Don't brush or floss child's teeth that day or night.
- Brush and floss teeth beginning the next day.
- Remember that the yellowish coating will go away.

My Dentist: _____

Phone Number: _____

Address: _____

Next Appointment: _____

Just a Reminder

- Healthy teeth begin at birth
- Start a "Dental Home" for regular visits to the dentist
- Make your child's first visit by age one
- Brush your child's teeth every morning and night with a dab of fluoride toothpaste
- Limit sugary snacks, drinks and juices

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Adapted from Dept of Public Health San Bernardino County
by the Child Health & Disability Prevention Program
Dental Subcommittee

Fluoride Varnish



Helping Smiles Stay Strong



**Fluoride Varnish
is a new and exciting
way to help protect
teeth against tooth
decay!**



Fluoride Varnish



- Is a protective coating that is painted on teeth to prevent tooth decay
- Is safe, quick and doesn't hurt
- Helps even if taking other forms of fluoride (drops, tablets, rinses) or drinking fluoridated water
- Can be applied at Child Health & Disability Prevention (CHDP) visits and other medical and dental visits
- Works best when applied at least 2 to 3 times a year
- Can be applied as soon as the first tooth comes in
- May briefly coat teeth a slightly yellow color - brushing the next morning will return teeth to their normal color