Healthy Smiles Start Here!

PublicHealth
WELLINGTON-DUFFERIN-GUELPH
Stay Well.

Your questions about fluoride varnish, answered.

1 What is fluoride varnish?



Fluoride varnish is a clear coating that is painted onto the teeth by a dental professional. It sticks to the tooth for several hours and is absorbed into the tooth surface, re-mineralizing the tooth and helping to reduce cavities.

2 Why is fluoride varnish important?



- Helps prevent cavities
- Strengthens teeth and makes them more resistant to acid attacks
- Can repair early areas of tooth decay

3 How often should my child get fluoride varnish?



Fluoride varnish is typically recommended every 3 to 6 months, depending on your child's risk of cavities. If your child had fluoride varnish 1 month ago, it is usually best to wait at least 3 months between treatments.

4 What does the treatment involve?



The treatment is quick, easy and painless. A dental professional paints a thin layer of varnish onto the teeth using a small disposable brush. It only takes a few minutes and is well tolerated by children.

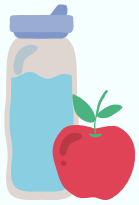
5 Are there any side effects?



Fluoride varnish has been shown to be safe and effective in preventing tooth decay, with no common or serious side effects reported.

6 What are the post-treatment instructions?

(For 3M Clinpro Clear Fluoride Treatment)



- Avoid eating or drinking for 15 minutes while the fluoride is setting. After 15 minutes, your child can eat and drink normally but should avoid hot and/or crunchy foods.
- Avoid brushing and flossing for approximately 4 hours.

Keep Smiles Strong!

- ✓ Brush twice a day with fluoride toothpaste.
- ✓ Floss daily where teeth touch.
- ✓ Choose water more often and limit sugary drinks and snacks.
- ✓ Visit a dental professional regularly.

For more information about fluoride varnish and dental services through WDG Public Health, contact the Dental Line:

1-800-265-7293
ext. 2661