Fluoride Varnish

If your child has Medicaid or other dental insurance, the insurance company may be billed. A special program might cover the cost or a very small fee may be charged per office. Be sure to ask about costs before the fluoride varnish is applied.

How Much Does Fluoride Varnish Cost?

- Do not brush child’s teeth until next day.
- Do not allow child to eat hard or chewy foods that day.
- Any color or yellow from the fluoride varnish will disappear soon or when brushed off the next day.

Protecting Your Child’s Teeth

To learn more about fluoride varnish talk to your dentist and dental hygienist or contact:

MDHHS Oral Health Program
109 W. Michigan Ave. PO Box 30195
Lansing, MI 48909
oralhealth@michigan.gov

What Should Parents Do After Fluoride Varnish is Applied?

- Do not brush child’s teeth until next day.
- Do not allow child to eat hard or chewy foods that day.
- Any color or yellow from the fluoride varnish will disappear soon or when brushed off the next day.
Fluoride varnish is a protective coating that is painted on teeth to help prevent new cavities and to stop cavities that have already begun. The fluoride varnish is sticky so it attaches to tooth surfaces easily and makes the outer layer of teeth (enamel) harder and stronger to help prevent cavities.

**What is Fluoride Varnish?**

**Why is Fluoride Varnish Recommended?**

Tooth decay is one of the most common preventable diseases in children. Children as young as 12 months can get cavities which can cause pain and inflammation and keep children from proper eating, smiling, speaking, sleeping and learning.

**Does My Child Need Fluoride Varnish?**

**Risk for Decay**

Children at risk for dental decay – those in communities without water fluoridation, history of dental disease in the family, or children with special health needs, benefit the most from early prevention with fluoride varnish.

**At What Age Should Fluoride Varnish Be Applied?**

Fluoride varnish is recommended for children of all ages, even infants. For some infants receiving regular fluoride varnish applications since tooth eruption can reduce dental decay by up to 37%. For children at high risk for decay, 3-4 month intervals of fluoride varnish applications are recommended. Check with your physician or dentist to determine if your child is high risk for decay and for how often fluorides should be applied.

**Is Fluoride Varnish Safe?**

Yes. Fluoride varnish can be used on babies and young children from the time they have their first tooth. The consistency of the varnish makes it less likely to be swallowed. Only a very small amount is used and is applied by a licensed dental or medical professional. It is quick, painless and comes in a variety of flavors.

**How Long Does Fluoride Varnish Last?**

Fluoride varnish sticks to the teeth until brushed off the next day. The benefits will last for several months and has best results if applied every 3-4 months.