

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.

How Much Does Fluoride Varnish Cost ?

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.



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

MDHHS Oral Health Program

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Lansing, MI 48909

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Protecting Your Child's Teeth



Fluoride Varnish

What is Fluoride Varnish?

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.

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.