Fluoride Varnish

1. What is Fluoride?

Fluoride is a mineral that's naturally found in almost all foods and water. Fluoride is also used in many dental products such as toothpaste and mouth rinses.

2. How does Fluoride stop cavities?

When Fluoride is added into the outer surface of the tooth, it makes the tooth stronger which protects teeth from cavities (tooth decay).

3. What is Fluoride Varnish?

Fluoride varnish is a liquid coating with fluoride that is painted on the teeth. It makes the teeth strong and helps prevent tooth decay.

4. Why should fluoride varnish be put on a child's teeth?

Cavities are the most common preventable disease in children. Cavities in baby teeth can cause pain and can prevent children from learning properly. Children don't lose all their baby teeth until they're around 12 years old.

5. How is the fluoride varnish put on the teeth?

First, the teeth are dried, and then the fluoride varnish is painted on with a small brush. It's quick and easy to apply and is tasteless.

6. What to expect after the fluoride varnish is applied?

Teeth may feel "fuzzy" and look dull. This is only for a short time and will return to normal once the teeth are brushed and flossed.

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Key Points

- Quickly and easily applied
- Prevents tooth decay
- Makes teeth stronger

For more information:

Los Angeles County Department of Public Health, Oral Health
http://publichealth.lacounty.gov/ohp/

California Department of Public Health
https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/OralHealthProgram.aspx

Centers for Disease Control and Prevention (CDC)
https://www.cdc.gov/oralhealth/index.html

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