

FLUORIDE VARNISH FACT SHEET



WHAT IS FLUORIDE VARNISH?

Fluoride varnish is a topical fluoride that is painted on children's teeth to prevent or stop cavities.

HOW DOES FLUORIDE VARNISH WORK?

It enters the tooth enamel and makes the tooth hard. If tooth decay is just starting, it repairs the tooth.



IS FLUORIDE VARNISH SAFE?

Yes, it is used on babies from the time they get their first tooth. Only a small amount of varnish is used to paint the teeth, so almost no fluoride is swallowed.



HOW OFTEN DO CHILDREN RECEIVE FLUORIDE?

Fluoride varnish can be applied every 3 months.

Studies show that children who receive fluoride varnish every 3 months have fewer cavities.



FLUORIDE MAKES TEETH STRONGER!

FLUORIDE CAN REVERSE EARLY SIGNS OF TOOTH DECAY.



LET'S BRUSH WITH FLUORIDE!

CITATIONS:

- [HTTPS://ILIKEMYTEETH.ORG/HEALTH-PROFESSIONALS/](https://ilikemyteeth.org/health-professionals/)
- [HTTPS://ILIKEMYTEETH.ORG/WP-CONTENT/UPLOADS/2019/05/COMMONQUESTIONSABOUTFLUORIDE-ENG.PDF](https://ilikemyteeth.org/wp-content/uploads/2019/05/commonquestionsaboutfluoride-eng.pdf)
- [HTTPS://WELLAHEADLA.COM/PREVENTION/ORAL-HEALTH/LOUISIANA-SEALS-SMILES/](https://wellaheadla.com/prevention/oral-health/louisiana-seals-smiles/)