

## A lifelong habit that should start early

The application of fluoride varnish is a simple, inexpensive procedure that can prevent tooth decay in young children.

As part of our Quality Improvement, Dental Health Services has partnered with the Dental Health Foundation to provide low-cost fluoride varnish to our exclusive network of dentists.

Early, low cost prevention with fluoride varnish can help avoid the high cost and pain associated with treatment of decay. It is a procedure that many health professionals (*not just dental professionals,*) treating young children can and should perform.

### Background

Fluoride varnish is a newer form of topical fluoride that is more effective in preventing tooth decay and more practical and safer to use with young children. Fluoride varnish, used in accordance with manufacturer's instructions, is safe for babies and young children, and the application is fast and easily performed.

### Application

Fluoride Varnish can be swabbed directly onto the teeth in less than 3 minutes and sets within one minute of contact with saliva. The application requires no special dental equipment.



### Simple, Inexpensive Prevention

- Great tasting Bubble Gum and Raspberry flavors
- Natural or white color
- 5% sodium fluoride varnish with Xylitol
- Convenient .25mL unit-dose packaging

(continued)

## **Answers to commonly asked questions about fluoride varnish:**

### **Is this a new method?**

No. Fluoride varnish was developed in the early 1960's in Europe.

### **Is it effective in reducing decay?**

Yes. Fluoride varnish has been found to reduce decay by 50 to 70 percent on tooth surfaces.

### **Is it more costly than conventional topical fluoride?**

No. Fluoride varnish applications cost the same as conventional topical fluoride.

### **Why would you use fluoride varnish instead of traditional fluoride?**

Varnishes provide a more efficient way for the tooth to absorb fluoride: its slow release time further enhances its effectiveness.

Since the varnish is applied directly to the tooth—the chance of swallowing the fluoride is minimal, which makes it acceptable for use in very young children.

### **How is the varnish applied?**

Application is quick and easy: small droplets of varnish are applied directly to the tooth surface.

### **What about application precautions?**

After application, the teeth will have a “yellow film,” which is the fluoride varnish. It is alright for your children to drink or eat after the application of fluoride varnish. The child should not brush the evening following the application, but should resume normal hygiene practices the following morning.

**Prevention  
is the key!**

