



True or False?

Baby teeth don't matter because they are going to fall out. **False!**

Fact: Baby teeth are important. Baby teeth are space holders for adult teeth, and cavities in baby teeth can cause pain and affect a child's ability to eat, speak, sleep, and learn.

Did You Know?

Tooth decay is the most common chronic disease in children in the United States. It is four times more common than childhood asthma and seven times more common than hay fever.

All children, after the first tooth has appeared, can benefit from the periodic application of fluoride varnish, regardless of the levels of fluoride in their water.

Cavities in early childhood are associated with pain and suffering and can affect speech, appearance, and school performance.

Please contact your dentist or pediatrician for regular care.



How Can I Get Help Paying for the Fluoride Varnish?

Ask your local dentist if fluoride varnish is included in your regular care visits.

All patients of Tahoe Forest Pediatrics can receive the fluoride varnish at no additional cost during Well Child Visits.

Frequency

Fluoride varnish is recommended after the first tooth is in the mouth and then every 3 to 6 months.



Date of 1st varnish: _____

Date of 2nd varnish: _____

(3-6 months after the 1st varnish)

Date of 3rd varnish: _____

(3-6 months after the 2nd varnish)

Date of 4th varnish: _____

(3-6 months after the 3rd varnish)

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FLUORIDE VARNISH

A Preventative Dental Treatment



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Fluoride Prevents Tooth Decay/Cavities

Fluoride is a naturally-occurring mineral that can strengthen tooth enamel (the outer coating on teeth). Because **our public water supply does not add fluoride** and naturally occurring fluoride in our water supply is extremely low, our children are at a greater risk of developing cavities than in communities where water is fluoridated.

Fluoride varnish is a dental treatment that can help prevent tooth decay, slow it down, or stop it from getting worse.

Fluoride Varnishes Work

Fluoride varnish application two to four times a year can **decrease tooth decay by more than a third.**



Fluoride Varnish Is Safe

Fluoride varnish is **safe and effective for children and adults**. Application is simple, quick, and painless! A thin layer of fluoride varnish is painted evenly onto the child's teeth. It is sticky but hardens and holds to the tooth, allowing the fluoride to be in contact with tooth enamel for an extended period of time. Your child may feel the hardened varnish with his or her tongue but will not be able to lick it off.

According to the American Dental Association, there are **no confirmed allergic reactions** to fluoride. Minimal fluoride is ingested during application, and fluoride that is ingested is well within safe limits for acute toxicity. Additionally, infrequent (two to four times a year) application of fluoride varnish is unlikely to contribute to fluorosis, a change in the appearance of the tooth's surface caused by excessive ingestion of fluoride, in children under age six.

Fluoride varnish is recommended by the American Dental Association, American Academy of Pediatrics, and the American Academy of Pediatric Dentistry. It has been used by dentists and doctors all over the world to help prevent tooth decay in children for more than 30 years.

Frequency of Fluoride Varnish Application

The American Academy of Pediatric Dentistry recommends fluoride varnish be applied **starting with the arrival of the first tooth** and then every six months, at a minimum. Your provider may recommend more frequent application.

Applied Fluoride Vs. Consumed Fluoride

Fluoride That Is Applied to Teeth: Fluoride is brushed onto teeth already present in the mouth- making them stronger and more resistant to decay. Examples include toothpastes, mouth rinses, and professionally-applied fluoride varnishes.

Fluoride That Is Consumed: Fluoride is ingested into the body and becomes part of developing teeth. Examples include fluoride in water or dietary fluoride supplements in the form of tablets, drops, or lozenges.

Side Effects

The fluoride varnish may temporarily make teeth look yellow or dull. However, the color of your child's teeth will return to normal after the fluoride varnish is brushed off.

