

Will fluoride varnish help my teeth?



Presentation 2

Cavities in young children

- ▶ By the age of 2, two of every five American Indian or Alaska Native children have tooth decay.
- ▶ Children that get cavities at an early age:
 - ▶ Have more difficulty in learning to speak
 - ▶ Sometimes have problems with self-esteem from other kids teasing them
 - ▶ Miss more school or Head Start because of pain or infections with the teeth
 - ▶ Have more problems eating and chewing their food because of tooth pain



Why are baby teeth important?

- ▶ Eating and nutrition
- ▶ Holding space for permanent teeth
- ▶ Talking
- ▶ Smiling



What is fluoride varnish?

- ▶ It is a substance that can be applied to teeth to help prevent cavities
- ▶ It was first used in 1964
- ▶ Studies have shown that fluoride varnish helps prevent many cavities....as much as a 45% reduction in new cavities

Don't I already get enough fluoride?

- ▶ You may, but fluoride varnish has the highest concentration of fluoride!
 - ▶ Fluoridated water – around 1 part per million of fluoride
 - ▶ Toothpaste – around 1,500 parts per million of fluoride
 - ▶ Mouthrinses – up to around 1,000 parts per million of fluoride
 - ▶ Fluoride from the dentist – around 12,000-19,000 parts per million of fluoride
 - ▶ Fluoride varnish – 22,600 parts per million of fluoride

How is fluoride varnish applied?

- ▶ Teeth are dried with gauze
- ▶ Fluoride varnish is then painted on your child's teeth with a brush by your dental health care professional or another health care professional
- ▶ Fluoride varnish is most effective when applied 3-4 times each year

Who should get fluoride varnish?

- ▶ Children and adult who are at risk of getting cavities
- ▶ Your dental health care professional will let you know if you can benefit from fluoride varnish



Help prevent cavities!

- ▶ Remember that fluoride varnish is just one part of preventing tooth decay in your child. Other ways to prevent cavities are:
 - ▶ Brush your child's teeth twice a day
 - ▶ Reduce sugary foods, especially sticky foods like candy, from your child's daily diet
 - ▶ Have your dentist apply dental sealants to the chewing surfaces of your child's teeth
 - ▶ Visit your dentist, dental hygienist, or dental therapist regularly

