Will fluoride varnish help my teeth?
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