KidCare

LIBERTY cares about more than just teeth!

# LIBERTY Dental Plan fact sheet: Fluoride Varnish

## 1 what is fluoride varnish?

**Fluoride varnish** is a liquid coating containing fluoride that is painted on the teeth. It strengthens the teeth and helps prevent tooth decay.

## 2 why should fluoride varnish be applied?

**Fluoride varnish should be put on a child's teeth** because cavities can begin as soon as the first tooth comes in. Cavities in baby teeth can cause pain and can prevent children from sleeping, speaking, and even learning properly. Children do not lose all their baby teeth until they are 11 or 12 years old. Tooth decay is the most common preventable disease in children.

## 3 how is fluoride varnish applied?

**Fluoride varnish** is applied with a small brush. The tasteless, quick drying liquid is applied to clean, dry teeth.

## 4 after the fluoride varnish application procedure:

- **Eat only soft foods** for at least 2 hours after treatment
- **Do not consume hot drinks** or use mouthwash for at least 6 hours after treatment
- **Wait 24 hours** until brushing and flossing teeth

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