



KidCare

LIBERTY cares about more than just teeth!

LIBERTY Dental Plan health tip: Fluoride Varnish Treatment



fact:
Cavities can form as soon as a child gets their first tooth

What is fluoride varnish?

Fluoride varnish is a liquid coating containing fluoride treatment that is painted on the teeth to help prevent tooth decay, slow it down, or stop it from getting worse. Fluoride varnish is made with fluoride, a mineral that can strengthen tooth enamel (outer coating on teeth). Keep in mind that fluoride varnish treatments cannot completely prevent cavities.

Is Fluoride Varnish Safe?

Fluoride varnish is safe and is used by dentists and doctors all over the world to help prevent tooth decay in children. Only a small amount is used, and hardly any fluoride is swallowed. It is quickly applied and hardens. Then it is brushed off after 4 to 12 hours.

How is fluoride varnish applied?

Fluoride varnish is applied to the top and sides of each tooth with a small brush. The tasteless, quick drying liquid is applied to clean, dry teeth and hardens as soon as it comes in contact with saliva.

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.

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 4 to 6 hours until brushing and flossing teeth