

TIPS TO HELP FLUORIDE VARNISH STAY ON THE TEETH ALL DAY...

- ♦ It's ok to drink water.
- ♦ Don't give foods that are hard, crunchy, or chewy for the rest of the day.
- ♦ Give cold or warm (not hot) foods or liquids.
- ♦ Don't brush or floss child's teeth that day or night.
- ♦ Brush and floss teeth beginning the next morning.

REMEMBER

- ♦ Baby teeth are important.
 - ♦ Brush your child's teeth every morning and night with a tiny dab of fluoride toothpaste.
 - ♦ Limit sugary snacks, drinks, and juices. Offer water often. Do not give soda.
- Choose a dental office for your child's "Dental Home."
- ♦ Make your child's first dental visit by age one.
- Begin regular visits every
- ♦ 6 months or as advised by the dentist.



HELPING SMILES STAY STRONG



SACRAMENTO COUNTY



**PUBLIC
HEALTH**

Promote • Prevent • Protect



**ASK YOUR
MEDICAL
DOCTOR TO
APPLY
FLUORIDE
VARNISH TO
YOUR CHILD'S
TEETH TODAY!**



FLUORIDE VARNISH

- ◆ Is a protective coating brushed on the teeth to prevent tooth decay
- ◆ Is safe, quick, and doesn't hurt
- ◆ Helps even if using fluoride drops, tablets, rinses, toothpaste, or drinking fluoridated water
- ◆ Can be applied at well-child visits, other doctor appointments, and the dental office
- ◆ Works best when applied 2 to 5 times a year
- ◆ Can be applied as soon as the first tooth comes in
- ◆ May appear yellow on the teeth – brushing the next morning will return teeth to their normal color
- ◆ Is also effective for children with special health care needs.



For more information contact:

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