Fluoride Varnish is approved for application twice a year in all children 5 and under and is covered by all insurance plans.

Fluoride Varnish has been shown to reduce cavities by 38-43%.

Application takes less than 5 minutes and can be done during a well-child visit.

Your child can eat soft foods and drink immediately after the procedure.

Varnish has no known side effects.

FOR MORE INFORMATION
To find out more about fluoride varnish please consult the 2014 USPSTF statement on screening recommendations: “Dental caries in children from birth to age 5” which can be found at: www.uspreventiveservicestaskforce.org

The CDC recommendations can be found at: http://www.cdc.gov/fluoridation/fluoride_products

To find health information, or for convenient and secure access to your medical record through MyHealth Online, please visit UVMHealth.org/MedCenter or call us at (802) 847-0000.

FAMILY MEDICINE MILTON
28 Centre Drive
Milton, VT 05468

HOURS
Monday – Thursday
8:00 am – 6:00 pm
Friday
8:00 am – 5:00 pm
WHAT IS FLUORIDE VARNISH?
Fluoride Varnish is a concentrated fluoride paste now being offered at UVM Medical affiliates that sticks to the tooth and protects against acids that cause tooth decay. Studies show that fluoride varnish alone reduces cavities in baby teeth by 38% and 43% in permanent teeth.

WHO SHOULD GET FLUORIDE VARNISH?
All children five and under.
The US Preventative Services Task Force (USPSTF), the Center for Disease Control (CDC) and the American Dental Association (ADA) recommend that all children five and under receive varnish application at least twice a year. If your child is at high-risk for developing cavities your provider may recommend up to four treatments per year.* If your child is six or older, talk to your physician about the possible risks and benefits of fluoride varnish.

*Children may be considered high risk if they do not have access to fluoridated water or fluoride pills, if they have previous cavities or if they have plaque on their teeth, in addition to several other risk factors.

WHAT HAPPENS DURING THE APPOINTMENT?
A medical provider will check your child’s mouth for any major dental issues and may refer you to a dentist. If your child has open sores the application will need to be rescheduled. Next the provider will dry your child’s teeth with a gauze pad and will apply the fluoride with a small brush. The whole process takes 3-4 minutes.

WHAT ABOUT AFTER THE APPOINTMENT?
Your child may eat and drink immediately after the procedure but should not eat any sticky or hard foods for the rest of the day. Do not brush your child’s teeth until tomorrow morning. If your child is prescribed fluoride pills, stop taking them for 2 days after the varnish is applied. On the third day continue as prescribed.

DOES INSURANCE COVER IT?
Yes.
All insurers must pay for the varnish application at least twice a year for children until their 6th birthday. Check with your insurance if your child requires more than two treatments annually or is 6 or older.

DOES VARNISH HAVE ANY SIDE EFFECTS?
Fluoride varnish is not known to have any adverse side effects.
Fluoride varnish has been proven to be safe by both the CDC and the USPSTF. The amount of fluoride swallowed during the application is similar to the amount swallowed during regular brushing with a fluoride toothpaste. Although excessive amounts of fluoride may cause fluorosis (harmless white spots on the teeth), fluoride varnish has NOT been shown to cause this problem. It may cause temporary yellowing of the teeth for a few days following application. No allergies to fluoride have been documented. Rarely, allergic reactions may occur in people sensitive to colophony/rosin. Consult with your physician if your

WHY ARE MY CHILD’S BABY TEETH IMPORTANT?
Healthy teeth are required for proper nutrition and growth of your child. They aid in speech development and help build self-esteem. Baby teeth also act as space holders and keep permanent teeth from drifting out of alignment.

CAN VARNISH BE SUBSTITUTED FOR FLUORIDE TABLETS?
No.
Fluoride pills and fluoridated water are systemic treatments that allow fluoride to penetrate the whole tooth, giving you lasting protection. Varnish works by sitting on the surface of the tooth where it acts as protective barrier against corrosive acid. It eventually wears off, which is why it must be applied at least twice a year. Fluoride varnish can be combined with systemic fluoride and fluoride toothpaste to give excellent protection against cavities.

DOES MY CHILD STILL NEED TO GO TO THE DENTIST?
Absolutely.
The varnish applied at your doctor’s office is one of many things you can do to prevent cavities in your kids. Brushing regularly, flossing, using prescription fluoride tablets if necessary, minimizing sweets, juice or soda and visiting your dentist regularly are all key things you can do to promote good oral health in your children.