

Benefits of Fluoride Varnish

Frequently Asked Questions

What is fluoride varnish?

- Fluoride varnish is a protective varnish that is applied on teeth.
- Fluoride varnish helps prevent new cavities and can help stop some cavities that have just barely started.

Why is putting fluoride varnish on children's teeth recommended?

- Tooth decay is one of the most common preventable diseases in children.
- Fluoride varnish can reduce cavities by 40%.
- Children as young as nine months can get cavities.
- Cavities in teeth can make eating, speaking, sleeping and learning difficult.

Is fluoride varnish safe?

- Yes! Fluoride varnish is Food and Drug Administration (FDA) approved and American Dental Association (ADA) endorsed.
- Fluoride varnish is nontoxic and can be used on baby and adult teeth.
- Fluoride varnish offers several advantages over other professionally applied fluorides:
 - Fluoride varnish comes in child-friendly flavors and is easily tolerated.
 - It is easy to use and can be applied in less than two minutes.

Other supports:

- The ADA recognizes the use of fluoride as safe and effective in preventing tooth decay for both children and adults.
- United States Preventive Services Task Force recommends that primary care clinicians apply fluoride varnish to children's teeth when they start to come in.