

# THE BENEFITS OF FLUORIDE VARNISH

- ◆ Safe and Effective
- ◆ Low Cost
- ◆ Quick and Easy to Apply
- ◆ Strengthens Enamel
- ◆ Can Stop or Reverse Early Tooth Decay or “White Spots”



## APPLYING FLUORIDE VARNISH



- 1 Remove excess moisture from the teeth; the teeth do not need to be completely dry.
- 2 Apply a thin, single coating of fluoride varnish to all surfaces of the teeth. Do not apply to teeth with severe tooth decay. The child may rinse, spit, or drink immediately after application.
- 3 Encourage the parent and child to not brush the child's teeth until the next day after the varnish is applied.

To learn more about dental decay and the benefits of fluoride varnish application, please visit the Texas Health Steps Online Provider Education website at: [www.txhealthsteps.com](http://www.txhealthsteps.com)

