KidCare

LIBERTY cares about more than just teeth!

Fluoride Varnish Treatment

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

fl What is fluoride varnish?

1 Fluoride varnish is a liquid coating containing fluoride that is painted on the teeth. It strengthens the teeth and helps prevent tooth decay.
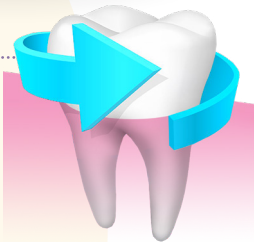
Is fluoride varnish safe?

2 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?

3 Fluoride varnish is applied 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?

4 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:

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- **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 24 hours** until brushing and flossing teeth