

## Oral Hygiene Tips

- Eat fruits and vegetables and drink plenty of water. Avoid sugar, soda pop, and juice. A healthy diet is important.
- Visit the dentist regularly starting when the first tooth erupts at about 6-12 months of age.
- Brush for two minutes twice a day with a fluoride toothpaste and floss regularly.
- Use a smear of toothpaste before age 3 and a pea size amount for older kids who can spit out the toothpaste.



Smear



vs Pea size

- Remember, even baby teeth and gums are important. Never put baby to bed with a bottle and clean baby's mouth with a damp cloth after each feeding.

**"You are not healthy  
without good oral health"**  
**Dr. C. Everett Koop,**  
**Surgeon General of the United  
States, 1981-1989**

## Improving Dental Health in Nevada



## Department of Health and Human Services

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# Fluoride Varnish



## Your tooth's cavity fighter!

# Saving Nevada Smiles One Tooth At A Time

## How Is Fluoride Varnish Applied?

- \* A trained health professional will dry the teeth, mix the varnish, and paint a tiny amount on the teeth with a small disposable brush.
- \* The varnish application takes less than 2 minutes and may have a slightly tangy taste.
- \* The sticky temporary coating dries quickly and slowly releases fluoride to the tooth surface.
- \* Fluoride varnish is an easy way to brush on prevention and keep your teeth healthy.



## Why Use Fluoride Varnish?

- Fluoride is a natural mineral found in water sources. Fluoride varnish contains 5% sodium fluoride
- Fluoride varnish helps strengthen the outer (enamel) layer of teeth and makes them more resistant to the bacteria that cause decay.
- Children as young as 12 months old can get cavities.
- Cavities in both baby and permanent teeth can cause real pain! Cavities can prevent children from eating, speaking, sleeping and learning.
- Fluoride varnish can help prevent cavities—some studies say up to 40%.

## Fluoride Varnish Can Help Prevent Tooth Decay.

“Tooth decay is the single most common chronic childhood disease—5 times more common than asthma, 4 times more common than early childhood obesity, and 20 times more common than diabetes.”  
American Academy of Pediatric Dentistry

## After The Varnish Is Applied:

- \* Water is safe to drink after application.
- \* Avoid chewy, crunchy, or hot foods. Instead, eat soft foods until the next day.
- \* Brush and floss your teeth the next morning. Sometimes the fluoride varnish looks yellow—this will all brush off.
- \* Do not take a fluoride supplement the day of application and 2 days after.



## Fluoride Varnish-Is It Safe?

Yes, fluoride varnish is safe. The sticky varnish dries quickly and creates a thin coating over the teeth.

## How Long Will It Last?

Fluoride varnish sticks to the teeth until it's brushed away the next day, but the benefits can last several months.

Fluoride varnish can be safely applied every 3 to 4 months