

You recently chose to receive a dental screening over the phone/video chat.



Nevada Division of Public and Behavioral Health, Nevada Oral Health Program and LIBERTY Dental Plan **thank you** for choosing to be a part of the solution! We have partnered to improve oral health and meet the needs of underserved at-risk children.

Enclosed is a fluoride varnish kit for application over the phone/video chat. A dentist will show you how to use your kit during your upcoming dental screening.



During our scheduled video dental screening the dentist will review your caries risk assessment and the oral hygiene instructions below.

Applying Fluoride Varnish:



Do Not Open this Kit without Dental Supervision

1. Open packaging and remove brush.
2. With the brush mix fluoride for 10 to 15 seconds until fluoride reaches an even consistency.
3. Dry your child's teeth with a piece of gauze or tissue
4. Using brush apply a thin coat of fluoride evenly to top and side of your child's teeth.
5. Ask your child to close their mouths to allow for fluoride to dry. The fluoride will take about 10 seconds to dry.
6. If the fluoride bothers your child for any reason it can be removed using a toothbrush
7. Your child will be able to eat and drink right away after applying fluoride
8. If any extra fluoride falls off that is okay
9. The kit can be thrown away in a normal trash can.

Oral Hygiene Instructions:



- Children's and adults teeth should be brushed **twice a day**, for **two minutes** each time and teeth should be **flossed daily!**
- Children should use a **small, pea size** amount of toothpaste. Make sure the toothpaste says **Fluoride** on the package or tube.
- It is important to make sure **all surfaces** of your child's teeth are thoroughly brushed. An adult should supervise to insure all teeth were properly brushed.
- Toothbrushes are not meant to be shared. Each family member needs their own toothbrush to keep germs from spreading to each other.



Remember to visit your dentist two times a year for an exam and regular dental cleanings.

Our goal is to empower you to maintain a healthy smile for life!



Nevada Department of
Health and Human Services
DIVISION OF CHILD AND FAMILY SERVICES

Learn more about maintaining oral health for life with our free resources to guide you. Visit us at:
<https://www.libertydentalplan.com/Members/Oral-Health-Wellness-Tips/Adults-1.aspx>