Fluoride Varnish and Why It’s Important for your Child

The Early Childhood Oral Health Initiative (ECOH) has been brought to you by:

To find a Health Center near you logon to www.ohiochc.org
Did your child get Fluoride Varnish today?

YES

• Only eat soft food for the rest of the day (nothing crunchy)
• No hot liquids today
• Do not brush teeth tonight... start tomorrow

NO

• What are you waiting for? Talk to your doctor or nurse today.

What is Fluoride Varnish?
• A coating that protects teeth from cavities and decay
• Makes teeth strong

What is a cavity?
• A hole or brown spot on the tooth
• Develops when a tooth decays
• Also may be called dental caries

How is it used?
• It is painted on the teeth with a small brush
• It sticks onto teeth
• Quick and painless
• Yummy too!

How often does my child need it?
• Can be applied every 4 months

Why are baby teeth important?
• Helps to chew food
• Helps to speak clearly
• Guides adult teeth into place
• Helps with jaw and facial formation
• Adds to child’s good health
• Makes a pretty smile!

Why does my baby need it?
• To grow healthy teeth
• To prevent decay and cavities

Healthy Teeth

Mild Decay

Slight Decay

Severe (Rampant) Decay