Information for Parents
About Fluoride Varnish

What is fluoride varnish?
Fluoride varnish is one type of topical fluoride. This type of fluoride is painted on the teeth. Fluoride varnish helps to prevent cavities by putting minerals into the tooth enamel, making the tooth stronger.

Why do we recommend putting fluoride varnish on children's teeth?
Cavities are one of the most common preventable diseases seen in children. Cavities can cause pain and affect children's ability to eat, speak, sleep and learn properly. Fluoride varnish is used to help prevent new cavities and to help stop cavities that have already started.

Is fluoride varnish safe?
Yes, fluoride varnish can be used on babies from the time they have their first teeth. Only a very small amount of fluoride varnish is used and little or no fluoride is swallowed by the child. Fluoride varnish is endorsed by the American Dental Association. Although rare, children with allergies to colophony (colophonium) and pine nuts could have allergic reactions to fluoride varnish.

How is it put on the teeth?
The varnish is painted on the teeth. It is quick and easy to apply and does not have a bad taste. Your child's teeth may be dull or yellow after the fluoride varnish is painted on. This is normal, and your child's teeth will be white and shiny again once the fluoride varnish is brushed off the next morning!

Fluoride Varnish Program
Parent/Guardian Consent

Dear Parent/Guardian:

A preventive dental program is available for your child. Two times during the school year, a licensed dental hygienist will provide a free basic dental screening and apply a protective coating called fluoride varnish to your child's teeth as a preventive measure against tooth decay.

To receive these **no-cost** services, you must provide consent.

___ **Yes**, I want my child to receive fluoride varnish – 5% sodium fluoride

___ **No**, I do not want my child to receive these preventive fluoride varnish services.

Name of Child: _____ Date of Birth: _____

Male: ___ Female: ___ Age: ___ Grade: _____ Teacher: _____

Is your child allergic to pine nuts or colophony (colophonium)? Yes: ____ No: ____
Is your child allergic to Red Dye 40? Yes: ____ No: ____

In order to continue providing valuable preventive services at **no-cost** to your family, we ask that you provide your child's dental insurance information so the dental hygienist may submit and accept fees for services rendered. This will help offset the cost of the fluoride varnish and dental supplies.

Medicaid State ID:_____
CHP+ Member ID:_____

I understand that fluoride varnish helps to protect teeth from cavities. After receiving a fluoride varnish application, it is acceptable for my child to drink cool liquids and eat soft foods right away. For the treatment to be most effective, I have been advised to avoid serving my child hard, crunchy foods for 2 hours, and to wait a minimum of 6 hours or until the next morning to resume brushing and flossing.

Parent/Guardian Signature: _____ Date:_____

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Varnish placed on: _____ and/or _____ by: _____

0-Routine	0-Routine
1-Early dental needs	1-Early dental needs
2-Urgent dental needs	2-Urgent dental needs

Comments:_____ _____

****This service does not replace a comprehensive evaluation. It is our recommendation that a dentist examine your child twice each year. ****

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