



What You Should Know About Fluoride Varnish

Cavities are the biggest chronic childhood disease. Little ones as young as 12-months-old can – and do – get cavities. Baby teeth cavities not only cause pain they can keep a child from being able to eat, speak and sleep properly, which in turn prevents them from learning and playing. In addition, baby teeth cavities can affect permanent teeth and facial bones from developing properly.

Cavities are preventable. Good oral health care habits practiced daily and fluoride varnish treatments can help keep your child safe from cavities.

Fluoride varnish is a sticky material that the doctor

or nurse paints on your child's teeth with a small brush. It is a temporary protective coating that makes teeth stronger. It helps stop cavities that have already started from getting worse and prevents new cavities from starting. The fluoride coating works best if it is applied 3 to 4 times a year.

Fluoride varnish is safe, painless and does not have a bad taste. It can be applied as soon as a baby's first teeth come in. It goes on quickly and easily. Sometimes babies cry and fidget while the fluoride is being applied; but it's not because it's painful. They cry and fidget because babies – and children – don't like having things put in their mouths by people they may not know.

Here's what happens during a dental screening and fluoride varnish procedure at Metropolitan Family Health Network:

The doctor or nurse will ...

- Check your child's teeth to see how healthy the teeth are.
- Show you how to care for your child's teeth every day.
- Apply fluoride varnish to your child's teeth with a small brush.
- Advise you to:
 - Give your child soft foods to eat that day;
 - Not brush your child's teeth until the next day. Her/his teeth will be yellow after the fluoride varnish is applied, but the color will disappear when brushing the next day.

Talk with your child's Metropolitan Family Health Network doctor about keeping your child's teeth healthy and growing strong!

935 Garfield Avenue, Jersey City, NJ (right by the Garfield Avenue Light Rail; free parking in our lot!)
5300 Bergenline Avenue, West New York, NJ
857 Bergen Avenue, Jersey City, NJ

We accept Medicare, Medicaid and most health care insurances.

Visit www.MetropolitanFHN.com or phone 201-478-5800.

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