Fluoride Varnish

Give your child’s smile a healthy start with a fluoride varnish application

Pediatric Dental Program
40th & Penn Avenue
Pittsburgh PA 15224
412-578-8378
www.achd.net/dental

Appointments can be made by calling any one of the following locations:

Mt. Oliver
Mt. Oliver Family Health Center
1630 Arlington Ave.
Mt. Oliver, PA 15210
(412) 432-1620

McKeesport
Wander Building
339 Fifth Avenue
McKeesport, PA 15132
(412) 664-8858

Center City
Hill House
1835 Centre Ave.
Pittsburgh, PA 15219
(412) 392-4441

This program is brought to the community by:
Fluoride Varnish Helps Prevent Tooth Decay

What is fluoride varnish and what does it do?
Fluoride varnish is a thin protective coating that is “painted” on the teeth. Fluoride varnish is applied to help prevent new cavities from forming and may help to slow or stop small cavities that have already started. Fluoride varnish strengthens a child's teeth. The stronger the teeth, the less chance that the child will develop cavities.

How long does the fluoride varnish last?
The thin coating will last until brushed off the next day. The protection from fluoride varnish will continue to work for several months. The fluoride varnish should be reapplied every 4-6 months.

Will my child’s teeth look different?
Only temporarily, the teeth might appear dull or yellow just after the application. The teeth will look as they usually do once the varnish has had time to wear off or has been brushed off.

How long should my child wait to eat or drink fluoride varnish is put on his/her teeth?
Your child can eat or drink immediately following the application, though your child should avoid crunchy or hot foods for at least 5 hours.

Is fluoride varnish safe?
Yes, fluoride varnish is safe for all ages. Only a small amount of fluoride varnish is used, and it sticks to the teeth immediately.

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Give your child a head start: take steps to prevent tooth decay. Here are 4 important steps for healthy teeth and bright smiles:

Brush and floss your child's teeth daily. Start as soon as teeth appear in the mouth.

Choose healthy snacks and limit sweets. Replace sugary drinks with water or milk.

Have regular dental checkups beginning as soon as teeth appear.

Take advantage of the benefits of the professionally applied fluoride varnish program offered by the Allegheny County Health Department.

Application of fluoride varnish*