

# Fluoride Varnish Parent Information

Your child had fluoride varnish applied to his or her teeth today. Fluoride varnish is a protective coating that is painted on the teeth to help prevent new cavities and to help stop those that have already started. Please follow these tips:



- 1.** Do not brush or floss your child's teeth until tomorrow.



- 3.** Do not give your child a fluoride supplement today.



- 2.** Do not allow your child to eat hard or chewy foods, or chew gum today. This might chip off the varnish.



- 4.** The fluoride varnish can be yellow or clear. If the teeth appear yellow for 24 hours, this is normal. This yellow color will disappear when the teeth are brushed tomorrow.

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DEPARTMENT of HEALTH