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.

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

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

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.

Oral Health Program, Division of Family Health
North Dakota Department of Health
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200
www.ndhealth.gov/oralhealth