

FROM THE HUSKY HEALTH
ACCESS TO BABY CARE (ABC) PROGRAM

HELP YOUR CHILDREN SMILE

with fluoride varnish treatments
for children from the first tooth through age 6



WHAT IS FLUORIDE?

Fluoride is a mineral that helps strengthen teeth and protect them from cavities. It is naturally found in the earth, but can also be found in food, water and dental products.

WHAT IS A FLUORIDE VARNISH TREATMENT?

Fluoride varnish is a sticky paste that can be easily painted onto your child's teeth during a dental or medical visit.

SHOULD MY CHILD GET FLUORIDE VARNISH? IS IT SAFE?

Yes! Fluoride is used to strengthen the enamel of your child's teeth and slow tooth decay. It's used by healthcare providers all over the world to prevent tooth decay in children. Fluoride varnish can be used on babies from the time they have their first tooth. If you'd like to read more about fluoride, check out www.ilikemyteeth.org.



HOW OFTEN?

Your pediatrician or primary care physician will apply the varnish as soon as your child's first tooth comes in. The fluoride coating will work best if it is painted on the teeth 3 – 4 times per year. Even though your child might be getting varnish treatments at the dentist, your pediatrician or primary care physician works to protect your child's teeth, too!



ORAL CARE AFTER A FLUORIDE TREATMENT

Your child can eat and drink right after the fluoride varnish is applied. It's best if your child avoids crunchy foods and hot liquids for 6 hours. Your child also should not brush or floss their teeth for 6 hours after the fluoride treatment.

TAKE ACTION TODAY!

In addition to dentists, more and more medical practitioners are trained to safely provide fluoride treatments. Ask your pediatrician to apply fluoride varnish during every well-child visit. Aim for 3 – 4 treatments per year. **Need assistance in your language?** We can help with that too!

Call 855-CT-DENTAL (855) 283-3682

Hearing impaired members, please dial 711 for Relay Connecticut assistance.

The Connecticut Dental Health Partnership is committed to achieving Oral Health Equity. Our mission is to enable all HUSKY Health members to achieve and maintain good oral health. We work to ensure all members have equitable access to oral health services.

