

# Fluoride Varnish: What You Need to Know



## Fluoride: 4 by 4

### Four fluoride applications by four years old

Baby teeth are weakest when they first appear in the mouth. Getting small amounts of fluoride early and often makes them stronger and prevents tooth decay.

## Fluoride Varnish

Your child's doctor, dentist, or dental hygienist can put fluoride on your child's teeth as soon as they appear in the mouth.

- Fluoride varnish is a clear protective coating applied to the outside of teeth. It stays on for one day and gives your child benefits for months to come.
- Fluoride varnish helps to prevent and even stop decay that has already started.
- Fluoride varnish is safe, painless and quick to apply.

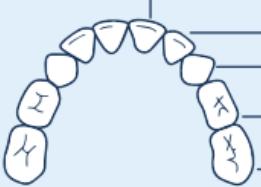
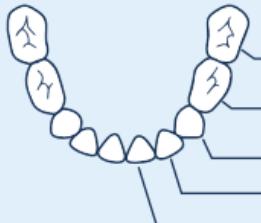
At your child's next visit, ask their medical doctor about a simple fluoride application.

# Safety Information

**Fluoride varnish is a safe and effective way to reduce tooth decay in children.**

- The United States Preventive Service Task Force recommends that primary care providers apply fluoride varnish to all infants' and children's teeth.
- Studies have shown that the absorption of fluoride following varnish application is the same following routine brushing with a fluoridated toothpaste.
- Studies have shown that there are no adverse effects, safety concerns, or serious short term effects with fluoride varnish for infants or children.

## Children's Tooth Chart

PRIMARY TEETH	Upper Teeth	Come In	Fall Out
	Central incisor	8-12 mos.	6-7 yrs.
	Lateral incisor	9-13 mos.	7-8 yrs.
	Canine (cuspid)	16-22 mos.	10-12 yrs.
	First molar	13-19 mos.	9-11 yrs.
	Second molar	25-33 mos.	10-12 yrs.
Lower Teeth		Come In	Fall Out
	Second molar	23-31 mos.	10-12 yrs.
	First molar	14-18 mos.	9-11 yrs.
	Canine (cuspid)	17-23 mos.	9-12 yrs.
	Lateral incisor	10-16 mos.	7-8 yrs.
	Central incisor	6-10 mos.	6-7 yrs.

For more information visit  
[FROMTHEFIRSTTOOTH.ORG](http://FROMTHEFIRSTTOOTH.ORG)



MaineHealth

From the First Tooth is funded by grants from the Sadie and Harry Davis Foundation and DentaQuest Foundation, is led and administered by MaineHealth and implemented in partnership with EMHS and MaineGeneral Health.