

Fluoride Varnish Guidance

What should I look for when picking a fluoride varnish?

- The AAP recommends a 5% sodium fluoride varnish. If you have patients that have tree nut allergies, you will want to avoid the resin-based products. You will find most fluoride varnishes do not contain gluten, dairy, soy, and egg.

What flavors of fluoride varnish do children like?

- Manufacturers have made advancements to produce a clear, smooth textured fluoride varnish to help with patient comfort and have made their products taste good! You will find that there are assorted flavors available such as bubblegum, raspberry, melon, strawberry, and caramel just to name a few.

What is alcohol-based fluoride varnish?

- Fluoride varnishes can contain alcohol which help to dry the varnish on tooth surfaces faster.

What is colophony rosin-based fluoride varnish?

- Colophony rosin fluoride varnish is a dental product that contains colophony, a resin derived from pine tree sap, and sodium fluoride. This resin helps the fluoride stick to the teeth.

What is xylitol?

- Xylitol is a natural sugar substitute that comes from fruits, vegetables, is a birch sugar, wood sugar and birch bark extract. Xylitol is a common ingredient in sugar-free gum, mints, fluoride varnish, and toothpaste to reduce bacteria that cause cavities.

Major suppliers:

Patterson Dental	https://www.pattersondental.com
Henry Schein	https://www.henryschein.com
Safeco Dental	https://www.safcodental.com
Young Specialties	https://www.youngspecialties.com
Wonderful Dental	https://wonderfuldental.com
Kettenbach Dental	https://www.kettenbach-dental.us

Products with 0.25ml Pediatric Dose (Ages 6-months to 6 years)

Duraflor Varnish Fluoride	Unit Dose 5% NaF 0.25 ml 32/Box or 200/Box
ProFluorid Fluoride Varnish	Unit Dose 5% NaF 0.25 ml 50/Box
White VarnishAmerica™ Varnish,	Unit Dose 5% NaF 0.25 ml 50/Box or 200/Box
Nupro White Varnish 5% Fluoride Varnish	Unit Dose 5% NaF 0.25 ml 50/Box

Products with 0.40ml. or 0.50ml. Adult Dose (Ages 6 years and up)

ProFluorid Fluoride Varnish	Unit Dose 5% NaF 0.40 ml 50/Box
Duraflor Ultra	Unit Dose 5% NaF 0.40 ml 30/Box or 200/Box
Fluoride Varnish Sticks by Wonderful	Unit Dose 5% NaF 0.40 ml 75/Box
Waterpik UltraThin and Clear Fluoride Varnish	Unit Dose 5% NaF 0.40 ml 30/Box or 100/Box
Prevident Fluoride Varnish	Unit Dose 5% NaF 0.40 ml 50/Box
3M Vanish Fluoride Varnish	Unit Dose 5% NaF 0.40 ml 50/Box or 100/Box
Profisil Fluoride Varnish (dimethicone gel does not contain alcohol or colophony resin)	Unit Dose 5% NaF 0.50 ml 50/Box or 300/Box or 1000/Box