



Bayside Medical Group, Inc.

www.baysidemed.com

FLUORIDE VARNISH

Fluoride Varnish to Prevent Cavities From the First Tooth to 5 Years Old

How children's teeth are protected:

When children drink water with fluoride in it, or when they take fluoride drops, the fluoride gets into the teeth as they are forming. This makes the teeth more resistant to cavities. Most of our tap water in the East Bay has fluoride added to it. This is very good.

But once the teeth erupt, fluoride in the water and fluoride drops don't work any more. To keep protecting them, we need to put on a coat of fluoride by direct application to the surface of the teeth.

We can put a fluoride varnish on the teeth right here in our office.

The process: we put it on here with a soft cloth, saliva in the mouth makes it hard, and then he or she should eat only soft food until the next day. That's it!

Side effects: nothing significant. The dose of fluoride is so small, even if it is swallowed, it won't cause any problems. The stain on the teeth goes away very fast.

Which children should get it?

We recommend it for *every child*. We especially recommend it for families with a history of cavities, children still using the bottle, children breastfeeding frequently through the night, and children who don't brush well.

How many applications are recommended?

Even just a few applications are helpful, but three times every year is recommended. The days of application can be close together or spread apart.

Cost

Our charge is \$30 per application. Health insurance does not cover it, so we need to collect for it at the time of service. If you have dental insurance, it might be covered – we will give you a receipt so that you may submit the bill to your insurance for possible reimbursement.

This is a covered benefit for those with Medi-Cal insurance.

