

## FLUORIDE VARNISH IS STANDARD OF CARE.

Dental caries or decay is very common in children. If not treated early and adequately, it can cause mild to severe infections. The American academy of Pediatrics and American Dental Association recommend that PCPs apply fluoride varnish at the age of first tooth eruption and follow the recommendations thereafter.

Our physicians are committed to preventive care and will apply fluoride varnish at ages 9, 12, 15, 18 and 24 months.

Please let us know if your child has sores in mouth, is allergic to pine rosin or pine nuts.

We will bill your insurance for this service.

Dos and Don'ts after varnish application:

1. Do not brush teeth until next morning.
2. Avoid hot, sticky and crunchy foods on same day.
3. May eat, drink and use pacifier after application.

Always

1. Brush teeth with fluoridated toothpaste twice daily at least. May use "size of grain of rice" for < 3 years and "size of pea" in older kids.
2. Avoid juice and sugary drinks. Water is the best.
3. Discontinue bottles after 1 year of age.