

# Fluoride Varnish

## FREQUENTLY ASKED QUESTIONS

### **What is a Fluoride Varnish?**

Fluoride varnish is a thick, white, semi-liquid that is painted on the teeth.

### **How does it work?**

Fluoride varnish is safe, fast and easy to apply. It contains 5% sodium fluoride that dries quickly after application. The varnish is absorbed into the teeth and arrests (stops) or prevents cavities.

### **How is it applied?**

The teeth are wiped dry. A tiny amount of flavoured fluoride varnish is applied with a small brush. The varnish will appear as a white film on the teeth. Parents are advised to brush their child's teeth the next morning.

### **How often is it applied?**

Beginning at about 9 months of age the fluoride varnish is applied by a dental professional every three months.

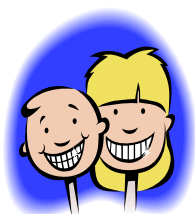
### **How long does an application take?**

The entire process takes only a few minutes!

### **Is fluoride varnish expensive?**

No. The Winnipeg Regional Health Authority provides this service for free.

**FLUORIDE VARNISH IS AN EFFECTIVE WAY TO PREVENT TOOTH DECAY IN VERY YOUNG CHILDREN WHO ARE AT HIGHER RISK FOR DENTAL DECAY**



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
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