

# Steps for Fluoride Varnish Applications

## You Will Need:

Gauze sponges (2x2)  
Fluoride varnish (see ordering list)  
Small disposable T-brush (optional)  
Dental mouth mirror (optional)  
Tongue blades (optional)  
Latex or vinyl gloves  
Flashlight (optional)

## Position the Child

- For an infant - place the child on the parents lap with the head on their knees and the legs around their waist. Position yourself knee-to-knee with the parent and treat the child from above the head.
- Or, place an infant or young child on an exam table and work from above the head.
- Or adapt a method that works for you.

## Apply the Varnish

- Clean and dry the teeth with a gauze sponge.
- Isolate and dry teeth with gauze. You may isolate a quadrant of teeth at a time.
- Apply a **thin** layer of the varnish to **all surfaces of the teeth**.
- The varnish sets quickly. You need not worry about moisture (saliva) contamination.
- Repeat the fluoride varnish application every two to three months.

## Instruct the Parent

- Eat a soft non-abrasive diet for the rest of the day.
- Do not brush or floss until the next morning.
- Tell the parent that the teeth will not be white and shiny until the next day.
- Give the parent the age appropriate information sheet.

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