

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.

*Prepared by KDHE; Fluoride Varnish Program
Professional Outreach Coordinators*

Kansas Department of Health & Environment
Bureau of Oral Health
1000 SW Jackson, Ste 300
Topeka, Kansas 66612
785-296-5116
kboh@kdheks.gov

