

# Fluoride Varnish

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**Lower your child's risk for cavities with Fluoride Varnish.**

## What is fluoride?

Fluoride is a natural mineral found in many foods and water. The Human Body stores fluoride in teeth and bones. This hardens and strengthens them. Any extra fluoride leaves your body when you pee.

## What is fluoride varnish?

Fluoride varnish is a coating that your child's doctor will paint onto their teeth. It only takes a few minutes and helps their teeth become stronger and prevents cavities.

## Is fluoride varnish safe?

Yes. Having fluoride varnish applied by your doctor is safe.



Please remember: fluoride varnish is part of a healthy dental routine. **Fluoride varnish does not replace regular dental check-ups. It is important for your child's health to have regular 6 month visits with a dentist. Keep fighting cavities at home by brushing with fluoride toothpaste 2 times a day, flossing, and rinsing with mouthwash!**