



Fluoride Varnish Application Instructions

1. Explain the procedure to parents

- a. Tell the parent that the child's teeth may become discolored temporarily; varnish can be brushed off the following day.
- b. Have the parent review the parent information sheet/brochure.

2. Explain proper position of the child

- a. For an infant:
 - Providers should position themselves “knee-to-knee” with the parent.
- b. For a young child:
 - Place the child in a sitting position and work from above the head.
 - Or adapt a method that works best for you and the child.

3. Apply fluoride varnish according to manufacturer’s instructions

- a. Dry the teeth and apply FV- a few teeth at a time
- b. Apply thin layer of FV

4. Provide aftercare instructions and oral hygiene tips

- a. Fluoride varnish aftercare instructions:
 - Child can drink water after application
 - Avoid crunchy, chewy, and hot foods/ drinks for the rest of the day
 - Do not brush/floss until the next day
 - Fluoride Varnish may leave a yellowish coating that can be brushed off the next day

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