



Child Health Investment Partnership of Roanoke Valley Fluoride Varnish Procedure

Introduction

Fluoride Varnish is a topical agent containing a high concentration of fluoride (5% sodium fluoride) in a resin or synthetic base. Fluoride varnishes are painted directly onto teeth. They are designed to adhere quickly to teeth and to remain in close contact with enamel for hours.

Purpose

The purpose of the fluoride varnish application is to retard, arrest and reverse the process of cavity formation in children at high risk for developing tooth decay. This is approved for children 6 months to 36 months of age with applications to be performed semi annually.

Procedure

- 1) Gather supplies: varnish, 2 x 2 gauze, disposable gloves, disposable barrier, light source, mask, educational materials, and toothbrushes.
- 2) Explain the fluoride varnish program to parent. Conduct the caregiver survey.
- 3) Obtain a signed consent form from the parent/legal custodian/guardian of the child.
- 4) Provide dental health education to family.
- 5) Perform a caries risk assessment to determine individual risk for early childhood caries. Those determined to be at high risk should be considered for semi-annual fluoride varnish application.
- 6) Wearing a mask and gloves, visualize the teeth and gums for caries and inflammation; dry the teeth with 2 x 2 gauze and apply the varnish to all accessible surfaces. Tooth surfaces do not need to be completely dry, because the varnish will set while in contact with the moisture.
- 7) A thin layer of varnish is applied using a small, disposable brush, which is included in unit-dosed packages. Do not apply to deeply decayed tooth surfaces.
- 8) Dosage: unit dose 0.25 ml sodium fluoride varnish for children 6 months to 36 months of age.
- 9) Collect all used supplies including the unit dose fluoride packet. Place all used supplies in a small trash bag to be discarded upon return to the CHIP office.

Contraindications

- 1) Gingival stomatitis
- 2) Ulcerative gingivitis
- 3) Intra-oral inflammation
- 4) Known sensitivity to colophony or colophonium or other product ingredients which include:
Sodium Fluoride 5%, Flavorings – bubble gum, raspberry

Precautions

Do not apply varnish on large open carious lesions. Referral to licensed dentist is indicated.

Pre-application Instructions

- 1) Remind the parent/legal custodian/guardian to provide the child something to eat or drink before receiving the fluoride varnish application.
- 2) Advise the parent/legal custodian/guardian that the child's teeth may become temporarily discolored, as fluoride varnish has an orange –brown tint.
- 3) Explain the discoloration will be brushed off the following day, yet the protective qualities of the fluoride varnish will remain.

Post-application Instructions

- 1) The child may drink water immediately following the varnish application.
- 2) After the fluoride varnish application, instruct the parent/legal custodian/guardian not to administer other fluoride preparations that day (e.g., gels or foams).
- 3) The routine use of fluoride tablets and rinses should be interrupted for several days after initial application,
- 4) The child should eat a soft, non-abrasive diet for the remainder of the day. Avoid sticky foods.
- 5) Do not brush or floss the child's teeth for 24 hours after the varnish placement.

Side Effects

It is normal for the teeth to appear dull and yellow in appearance until the teeth are brushed.

Adverse Reactions

Edematous swellings have been reported in rare instances, especially after application of extensive surfaces. Dyspnea, although extremely rare, has occurred in asthmatic people. Nausea has been reported when extensive applications have been made. If indicated, varnish film can be removed with a thorough brushing,

Caution

Store varnish in a safe location at room temperature. Store out of the reach of children.

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