



Protect Your Child's Smile

Fluoride Varnish for Young Children

A healthy mouth is part of your child's overall health. We recommend that you:

- Clean your child's teeth as soon as they start to come in.
- Take them to the dentist beginning at age 1.
- Protect their teeth with fluoride varnish periodically between 9 months and 6 years.

If your child already has a dentist, they will usually apply the fluoride varnish.

If your child does not have a dentist, fluoride varnish may be offered at your child's regular well visit (checkup).

Good Habits for Strong, Healthy Teeth

Babies and toddlers

- Clean your baby's gums and any teeth with water only. Use a clean, washcloth or small, soft toothbrush daily.
- Starting at 6 months, use a tiny smear of fluoride toothpaste (the size of a grain of rice) to brush teeth.
- Don't put your child to bed with a bottle of juice, milk, or formula.
- Floss teeth, once they are touching.
- Choose a dentist for your child to see.

Older children

- Help your child brush and floss twice a day. Set a good example.
- Use a pea-sized amount of fluoride toothpaste. Remind your child to spit, not swallow, toothpaste.
- Serve water and milk. Limit sweet and starchy snacks, including dried fruit. Don't give sticky candy or gummy vitamins.
- Take your child to the dentist regularly.

Frequently Asked Questions about Fluoride Varnish

How is it applied?

The varnish is a yellow, sticky protective coating that is painted on the teeth.

It just takes a few minutes to apply. It works from the outside in and wears off within 24 hours, leaving teeth stronger.

Will it cause spotting on teeth?

No, the fluoride varnish treatment does not cause fluorosis.

What about allergies?

Tell your child's doctor or dentist if your child is allergic to pine nuts. They may not be able to receive the fluoride varnish.

What if my child already drinks water with fluoride?

Fluoride in water works over time to strengthen teeth from the inside out. Fluoride varnish protects the surface of the teeth right away.

After the Treatment

Follow these recommendations for the best results.

- Do not brush or floss for at least 4 to 6 hours.
- Wait until the next morning to resume brushing and flossing, if possible.
- Feed your child only soft foods and avoid hot drinks for the rest of the day.

Other resources

My Doctor Online

kp.org/mydoctor

American Academy of Pediatrics

healthychildren.org

Medi-Cal dentists

denti-cal.ca.gov

1-800-322-6384

HEALTH EDUCATION



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Some photos may include models and not actual patients.



呵護孩子的笑容

兒童牙齒氟化物塗膜

口腔健康是孩子整體健康的一部分。我們建議您：

- 從孩子開始長牙就立刻為他們清潔牙齒。
- 從孩子一歲起開始帶他們看牙醫。
- 讓孩子從9個月到6歲接受氟化物塗膜以保護牙齒。

如果您的孩子已經有牙醫，醫生通常會為他們做氟化物塗膜。

如果您的孩子沒有牙醫，可以在他們例行健康就診（健康檢查）時做牙齒氟化物塗膜。

讓牙齒強健的好習慣

嬰幼兒

- 只用清水清潔寶寶的齒齦和牙齒。每天用乾淨的毛巾或小的軟毛牙刷清潔一次。
- 從6個月開始，用一小點（米粒大小）含氟牙膏刷牙。
- 不要讓寶寶上床睡覺時喝果汁、牛奶或配方奶。
- 一旦牙齒併攏，就開始用牙線清潔。
- 挑選一位牙科醫生幫寶寶看牙。

較大兒童

- 協助孩子刷牙和用牙線潔牙，每天兩次，並以身作則。
- 使用一顆青豆大小的含氟牙膏刷牙。提醒孩子要把牙膏吐掉，不能吞下去。
- 給孩子喝水和牛奶。限制甜食和澱粉類點心的食用量，包括水果乾。不要給孩子吃會黏牙的糖或維他命軟糖。
- 定期帶孩子看牙醫。

關於牙齒氟化物塗膜的常見問題

牙齒氟化物塗膜怎樣使用？

氟化物塗膜是一種塗在牙齒上的黃色黏性保護膜。

做牙齒氟化物塗膜只要幾分鐘的時間。它從外到內作用，並在24小時內磨蝕，之後牙齒會變得更強健。

氟化物塗膜會在牙齒上留下斑點嗎？

不會，氟化物塗膜不會造成氟斑牙。

氟化物塗膜會引發過敏嗎？

如果您的孩子對松子過敏，請告訴孩子的醫生或牙醫。他們可能無法用氟化物塗膜。

要是我的孩子已經在喝加了氟的水呢？

加了氟的水是透過長期作用由內而外強健牙齒，但氟化物塗膜能立即保護牙齒表面。

治療後

請遵照下列建議以達到最佳效果。

- 至少4到6小時之內不要刷牙或使用牙線。
- 盡可能等隔天早上才恢復刷牙和使用牙線。
- 塗膜后當天剩餘時間只給孩子吃軟質食物，避免喝熱飲。

其他資源

My Doctor Online
kp.org/mydoctor

美國兒科醫師學會
healthychildren.org

Medi-Cal牙科醫生
denti-cal.ca.gov
1-800-322-6384

健康教育



本資訊無意診斷健康問題，也無法取代醫生或其他保健專業人員為您提供的醫療意見或護理。如果您有持續性的健康問題或其他疑問，請諮詢您的醫生。有些照片採用模特兒，不是實際患者。

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