



Fluoride Varnish for Children: Protect Your Child's Smile

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.
- Protect their teeth with fluoride varnish every 6 months, starting at around age 6 months, when their first teeth usually appear.
- Take your child to the dentist twice a year, starting at age 1.

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

If your child doesn't 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.
- Use a tiny smear of fluoride toothpaste (the size of a grain of rice) to brush teeth, starting at 6 months. Teach them to spit, not swallow, toothpaste.
- Don't put your child to bed with a bottle of juice, milk, or formula.
- Floss teeth, once they're touching.
- Choose a dentist for your child to see twice a year.

Older children

- Supervise your child's brushing and flossing twice a day. Some families find it useful to use a timer.
- Use a pea-sized amount of fluoride toothpaste.
- Set a good example. Let your child see you brushing and flossing your teeth.
- Serve water and milk instead of juice or soda. Limit sweet and starchy snacks, including dried fruit. Don't give sticky candy or gummy vitamins.
- Take your child to the dentist twice a year.

Frequently Asked Questions About Fluoride Varnish

Who should get fluoride varnish?

All children and teens should get fluoride varnish twice a year. Varnish can be applied as soon as a child has their first tooth, usually around 6 months.

How is it applied?

The varnish is a yellow, sticky protective coating that's painted on the teeth. It just takes a few minutes. It works from the outside in and wears off within 24 hours, leaving teeth stronger.

Will it cause spotting on teeth?

No, it doesn't 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 treatment.

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.

- Don't brush or floss for at least 4 to 6 hours.
- Wait until the next morning to brush and floss.
- Feed your child only soft foods and avoid hot drinks for the rest of the day.

Remember, the best way to keep your child's gums and teeth healthy is to take them to regular dental visits every 6 months.

Learn more

Medi-Cal dentists

Need help finding a low or no cost dentist?

smilecalifornia.org

1-800-322-6384



American Academy of Pediatrics
healthychildren.org

My Doctor Online
kp.org/mydoctor

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.

© 2014, The Permanente Medical Group, Inc. All rights reserved. Health Engagement Consulting Services.
11061-383 (Revised 11/23) RL 4.0



兒童牙齒塗氟： 保護您孩子的笑容

健康的口腔是孩子整體健康的一部分。我們建議您：

- 在孩子開始長牙後，立即給他們清潔牙齒。
- 從他們6個月左右，通常是長第一顆牙齒的時候開始，每6個月給其牙齒塗一次氟，以保護他們的牙齒。
- 從孩子1歲開始，每年帶孩子去看兩次牙醫。

如果您的孩子已經有牙科醫生，他們通常會給您孩子的牙齒塗氟。

如果您的孩子沒有牙醫，可在他們經常性保健就診(體檢)時給牙齒塗氟。

保持牙齒強健的良好習慣

嬰幼兒

- 只用清水清潔寶寶的齒齦和牙齒。每天使用乾淨的毛巾或小而軟的牙刷。
- 從孩子6個月大開始，用少量含氟牙膏(米粒大小)給孩子刷牙。教孩子將牙膏吐出，不要吞嚥下去。
- 不要讓孩子捧著果汁、牛奶或配方奶瓶上床。
- 等牙齒長到牙縫併攏時，就開始使用牙線。
- 為孩子選擇一位牙科醫生，每年看兩次牙醫。

年齡較大的兒童

- 監督孩子每天刷牙並使用牙線兩次。有些家庭發現使用計時器很有效。
- 使用豌豆粒大小的含氟牙膏。
- 以身作則，做一個好榜樣。讓孩子看您刷牙和使用牙線。
- 給他們喝水和牛奶，而不是果汁或蘇打水。限制食用甜味和澱粉質的點心，包括乾果。不要給他們吃黏性糖果或軟糖維生素。
- 每年帶孩子去看兩次牙醫。

關於塗氟的常見問題

哪些人應該牙齒塗氟？

所有兒童和少兒的牙齒都應每年兩次塗氟化物。孩子長出第一顆牙齒後(通常是6個月大左右)就立即可以塗氟。

如何進行塗氟？

氟漆是一種塗在牙齒上的黃色粘性保護塗層。整個過程只需要幾分鐘時間。它的功效將由外至內，並在24小時內逐漸消失，使牙齒變得更加堅固。

它會導致牙齒上出現斑點嗎？

不，它不會形成氟斑。

是否會有過敏反應？

如果您的孩子對松子過敏，請告知孩子的醫生或牙科醫生。他們也許就不能接受塗氟處理。

如果我的孩子已經在喝含氟化物的水，該怎麼辦？

水中的氟化物隨著時間的推移從內到外強化牙齒。氟化物塗層可立即產生保護牙齒表面的功效。

塗氟後

遵循以下建議可獲得最佳效果。

- 至少4至6小時不要刷牙或使用牙線。
- 等到第二天早上再刷牙和使用牙線。
- 塗氟後當天只給孩子吃軟質食物，避免喝熱飲。

請記住，保持孩子齒齦和牙齒健康的最佳方法是經常性每6個月帶他們去看一次牙醫。

獲取更多資訊

Medi-Cal牙科醫生
需要幫助尋找收費較低或不收費的牙醫嗎？

smilecalifornia.org (英文)

1-800-322-6384



美國兒科醫師學會

healthychildren.org (英文)

My Doctor Online (我的線上醫生)

kp.org/mydoctor (英文)

健康教育

本資訊並非旨在用於診斷健康問題，也無法取代醫生或其他保健專業人員為您提供的醫療建議或醫護服務。如果您有久治不癒的病症或有其他疑問，請諮詢您的醫生。有些照片可能採用模特拍攝，並非實際患者。

© 2014, The Permanente Medical Group, Inc. All rights reserved. Health Engagement Consulting Services.
011061-384 (Revised 11/23) Fluoride Varnish for Children: Protect Your Child's Smile (Bilingual – English/Chinese)