



## Baby teeth are important!

### Baby teeth are important because they:

- Help your child chew food.
- Help your child talk clearly.
- Guide the permanent teeth into place.
- Help with jaw and face formation.
- Add to your child's overall good health.
- Make a pretty smile!



To learn more about fluoride varnish or to schedule an appointment, please contact:

La Crosse County  
Public Health Nursing

300 4th St N

2nd floor

La Crosse, WI 54601

(608) 785-9723

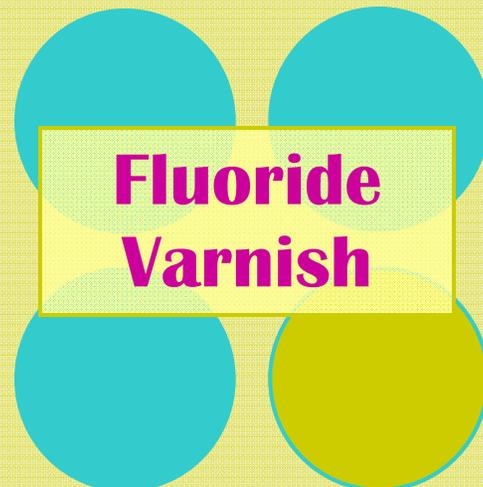
<http://www.co.la-crosse.wi.us/Health/PublicHealth>



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La Crosse County Government -  
Public Health Nursing

**\*Fluoride varnish application is not meant to replace seeing a dentist.\***



## Fluoride Varnish



## Protect your child's smile

## What is fluoride varnish?

Fluoride varnish is a protective coating that is painted on teeth.

## Why is fluoride varnish recommended for children's teeth?

Tooth decay is one of the most common preventable diseases in children. Children as young as 12 to 18 months can get cavities. Cavities in children's teeth can cause pain and prevent children from eating, talking, sleeping, and learning.

## At what age should fluoride varnish be applied?

Fluoride varnish is recommended for children of all ages, including infants.

## How is fluoride varnish applied?

The fluoride varnish is painted on the teeth with a brush. It is quick, easy, and painless!



## How often should fluoride varnish be applied?

Fluoride varnish needs to be reapplied every 3 to 4 months for best results.

## Is fluoride varnish safe?

Fluoride varnish is safe and can be used on babies as soon as they get their first teeth. Only a small amount of varnish is used.

## Who provides this service?

Public Health Nurses can apply fluoride varnish to children ages 6 months through 6 years at the Health Department in La Crosse. Your child may also receive fluoride applications at a dentist or doctor's office.

## How much is the cost to have fluoride varnish applied?

La Crosse County Public Health Nursing provides this service at no cost to you. Medical assistance may be billed upon prior approval.



## What instructions are there for after a fluoride varnish application?

- Do not brush or floss your child's teeth until the next day.
- Give your child soft foods and avoid hot, hard, and sticky foods the rest of the day of application.
- Do not give your child a fluoride supplement the day of application and 2 days after.