



# STRONG TEETH for LITTLE KIDS

## PAINTING LITTLE KIDS TEETH with FLUORIDE VARNISH

1. Decide where to set up, e.g. in a clinic, or a Childcare Centre. You will need a sturdy chair, a clean table and a good light.
2. See that you have everything on the Checklist in the “Strong Teeth for Little Kids” box. In the box will be individual plastic bags containing the fluoride varnish but you will need a box of disposable gloves.
3. Advise both the child and his/her parent (or carer) what you’re going to do (“Put a special paint on your teeth to help them fight tooth decay”)
4. Wash your hands with soap, or hand cleanser, and dry using a disposable paper towel.
5. Put on the rubber gloves.
6. Help clean the child’s teeth using a toothbrush but **do not** use toothpaste.
7. **Do not** use more than one plastic bag of fluoride varnish per child. A second option is to squeeze out the **correct** amount of fluoride varnish, either into your (left hand) glove or into a little plastic dish.

*The correct amount of fluoride varnish is the size of a pea and less than a Panadol tablet*



8. Ask the child sit with his/her head in your lap. Ensure that you are both comfortable and ask the child to open his/her mouth.



9. Beginning with the back teeth, dry the teeth with a piece of gauze or a cotton roll and paint the fluoride varnish with the supplied applicator onto the biting (chewing) surfaces.
10. The varnish will only adhere to the tooth if it is dry, so you will need to dry and paint a few teeth at a time.
11. Allow the child can have an occasional rest.
12. Dry and paint the top front teeth
13. If there is any varnish left, dry and paint the bottom front teeth.
14. **Do not** use more fluoride varnish than in one plastic bag (pea size).
15. Advise the child's parents (or carer):
  - To ask the child to wait at least 30 minutes before eating,
  - Not to brush the child's teeth until the next day
  - Only eat soft foods for the rest of the day
  - That the child's teeth will look yellow for a few days
  - That the best results are achieved if the child's teeth are painted every 6 months with fluoride varnish.
16. Throw away the gloves and the used materials into a rubbish bin with a plastic liner.
17. Write the child's name and details on the sticker and put it in his/her Clinic Medical Record.



Some questions that you might get asked about fluoride varnish:

***Why do we want to paint fluoride varnish on children's teeth?***

Fluoride varnish can protect children's teeth. Very young children can get cavities which may be painful and affect eating and sleeping. Some baby teeth are not lost until the child is 11 or 12 years old.

***What is fluoride varnish?***

It is a protective coating which is painted on the teeth to stop cavities forming and to slow down cavities which may have started.

***Is fluoride varnish safe?***

Yes, it has been used widely around the world. Only a very small amount is used.

***How is it put on?***

It is painted on, it does no hurt. It dries quickly and tastes a bit like banana or bubble gum.

***What happens afterwards?***

The teeth will appear a bit yellow for a few days. It works best if it is not disturbed for a while. So it is best if the child only eats soft foods for the rest of the day. The teeth should not be brushed or otherwise cleaned until next day.

***How long does it last?***

It lasts about 6 months, so it would be best if you could come back in 6 months to have another coating.