



Fluoride Varnish Application Training for Missouri Oral Health Preventive Services Program



Missouri Department of Health and Senior Services
Division of Community and Public Health, Oral Health Program

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis.

Course Instructions

- **The course will take approximately 30 minutes to complete.**
- **To advance through the course press the right arrow on your keyboard or left click on your mouse.**
- **You may stop and start this course at any time.**
- **Completion Code=VARNISH**

Program Objectives

At the completion of this course the learner will be able to:

- **Describe the four basic components of the Preventive Services Program (PSP).**
- **Understand why fluoride varnish is used as a decay-preventive agent.**
- **Explain the materials necessary to apply fluoride varnish.**
- **Describe methods of varnish application.**

The Preventive Services Program

The Missouri Oral Health Preventive Services Program (PSP) is a community-based, systems approach to population-based prevention of oral disease.



PSP Methodology



SURVEILLANCE

Annual screening by a licensed dentist or dental hygienist

EDUCATION

**Curriculum materials available
Toothbrushes, toothpaste and floss, too!**

PREVENTION

Fluoride varnish applied twice per year by volunteers

REFERRAL

Children needing early or urgent dental care

People Involved in the Event

EVENT COORDINATOR

Person coordinating the screenings, varnish, education and referrals for the school or agency.

Typically a School Nurse, Head Start Health Coordinator, County Nurse or Parent

SCREENER

Dentist
or
Dental Hygienist

VARNISH VOLUNTEER

Parent, Nurse,
Teacher or any other
Person Interested in
Applying Varnish

OTHER ASSISTANT

Parent, Nurse, Teacher or any
other Person interested in
helping with the details of
the Event

- **You will be one of many involved in a PSP Event.**
- **That is the purpose of PSP. “Many hands working together for the oral health of the community.”**
- **Your role is to provide an application of fluoride varnish to the children's teeth. This will be done twice during the school year.**

Fluoride Varnish is....



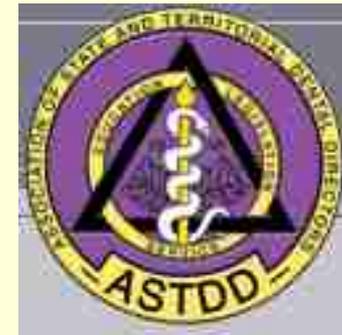
- **Safe for all ages**
- **Easy to apply**
- **Effective in reducing dental decay**

Fluoride Varnish is Endorsed by the Following Associations

- **American Dental Association**



- **Association of State and Territorial Dental Directors**



- **Centers for Disease Control and Prevention**



How Fluoride Varnish Works



- **Retards, arrests, and reverses the decay process**
- **Decreases the harmful effects of mouth acids**
- **Rebuilds tooth enamel**

Fluoride Varnish will be supplied in individual dose packs.



Other Items You May Need:



- **Masks**
- **Gloves (latex free)**
- **Eye Wear (optional)**
- **Gauze (optional)**
- **Hand Sanitizer**

These additional items will be at the site for your use.

Maintain the Child's Privacy and Self-esteem

Remember, some children will have dental decay and poor oral hygiene.

Apply fluoride varnish in such a way as to maintain some form of privacy and also keep his/her dignity intact.



Infection Control



- **Change gloves after each child.**
- **Wearing a face mask will decrease your chances of contracting colds/flu.**
- **Use hand sanitizer often.**

Application Tip #1

A table or desk top will keep all your supplies close at hand.



Application Tip #2



A knee to knee/lap position is helpful to use with children under one year of age.

Position a chair near a wall so that the child can tilt his/her head back.



Application Tip #3



Good light and retraction with mouth mirror make all the difference.



Application Tip #4

Don't be afraid to use your fingers to move the lips and cheeks.



Application Basics



- **The teeth DO NOT need to be dry, professionally cleaned or freshly brushed prior to the application of fluoride varnish.**
- **Varnish is “painted” on all surfaces of all teeth with disposable applicator.**
- **Application takes approximately 1-2 minutes.**

Application Process

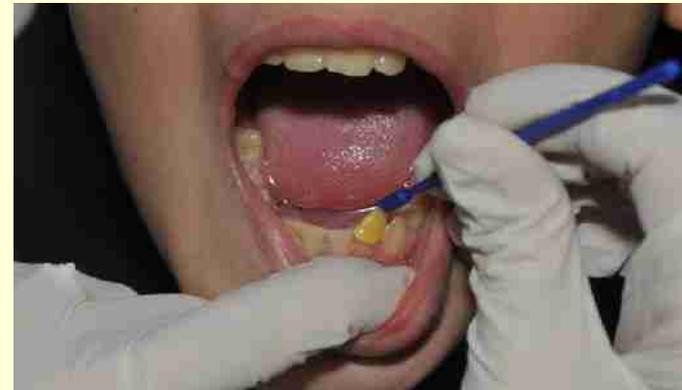
- Apply a thin layer of varnish on all surfaces of all teeth with disposable applicator.
- The material will make the child's teeth feel waxy or "fuzzy".
- Keep up friendly chatter with the child to distract them and provide encouragement.



**AVOID APPLYING THE VARNISH
TO LARGE AREAS OF DECAY**

Suggested Application Sequence

- **Start with the cheek surfaces of teeth...**
- **Apply a thin layer of fluoride varnish to the cheek and front surfaces of all the teeth,**
- **Upper and Lower,**
- **Front and Back.**



Suggested Application Sequence

- Now, Apply a thin layer of fluoride varnish to the inside of the mouth surfaces;
- Upper and Lower,
- Front and Back.



Suggested Application Sequence

- **Finish with the chewing surfaces of the teeth.**
- **Apply a thin layer of fluoride varnish to the chewing surfaces of all the teeth;**
- **Upper and Lower.**



To Review the Sequence



- **Outsides**
- **Insides**
- **Chewing Sides**

Application Appearance



The varnish thickens quickly after application and may appear as a yellow film.



Post Application

- **Okay to eat and drink as usual, however avoid hard crunchy foods and hot beverages**
- **The child may not have the mouth mirror**
- **No brushing until tomorrow morning**



Fluoride Varnish-Twice Per Year



- Recommendations call for two applications per year.
- Two applications per year can help reduce decay dramatically.
- Preschool children who had no fluoride treatments were almost four times as likely to have decay as those who received fluoride varnish applications at six-month intervals.

The End Result



HAPPY, HEALTHY

SMILES



Test Your Knowledge

Can you answer the following questions?



Is it mandatory that the teeth be dried before fluoride varnish application?



Is it mandatory that the teeth are dried before fluoride varnish application?

- **No, it is not mandatory to dry the teeth before varnish application.**
- **The child may use a dry toothbrush to remove plaque and debris, but it is not necessary.**
- **A gauze may be helpful to clear up debris and saliva, but is not necessary.**

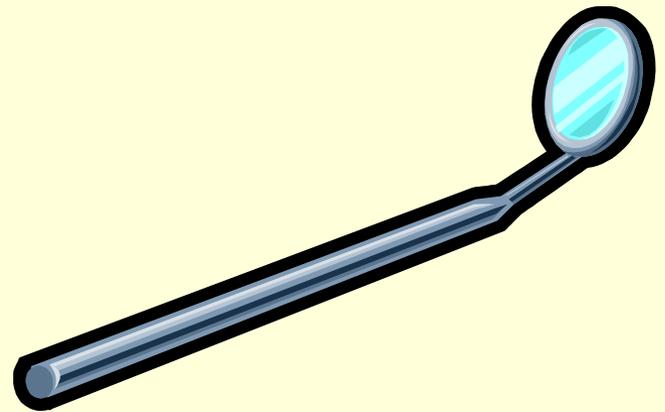
Does the child have to wait 30 minutes after varnish application before he/she can eat or drink?



Does the child have to wait 30 minutes after varnish application before he/she can eat or drink?

- **It is not necessary that the child wait after the fluoride varnish has been applied.**
- **The child can eat and drink normally, however, it is a good idea to avoid crunchy food and very hot liquids.**

Can the child have the mouth mirror for home use?



Can the child have the mouth mirror for home use?

- No, the child cannot take the mouth mirror home.**



**You are Doing Your Part to Prevent
This!**



**On Behalf of Missouri's Children----
THANK YOU!**

Questions?

Contact

Department of Health and Senior Services

Oral Health Program

1-800-891-7415

Or

www.MoHealthySmiles.com

To locate the Oral Health Consultant

Nearest You

Thank You for Joining with Others to Improve the Oral Health of Missouri's Children

