

Fluoride Varnish

Why do we recommend putting a fluoride varnish on children's teeth? Because your baby's teeth are important!

Tooth decay is one of the most common diseases seen in children today. Children as young as 10 months can get cavities (holes in the teeth). Cavities in baby teeth can cause pain and may prevent children from being able to eat, speak, sleep, and learn properly. Children should not normally lose all of their baby teeth until they are about 11 or 12 years old.

What is fluoride varnish?

Fluoride varnish is a protective coating that is painted on teeth to help prevent new cavities and to help stop cavities that have already started.

Is fluoride varnish safe?

Yes! Fluoride varnish can be used on babies from the time that they have their first tooth (around six months of age). Fluoride varnish has been used to prevent cavities in children in Europe for more than 25 years. It is approved by the FDA and is supported by the American Dental Association.

Allergy caution: Although rare, children with allergies to colophony (colophonium) could have allergic reactions to fluoride varnish.

How is fluoride varnish put on my child's teeth?

The varnish is painted on the teeth. It is quick and easy to apply and does not have a bad taste. There is no pain, but your child may cry just because babies and children don't like having things put into their mouths by other people. Your child's teeth may be a little bit yellow after the fluoride varnish is painted on, but this color will come off over the next few days.

How often does the fluoride varnish need to be applied?

The fluoride coating works best if painted on the teeth two to four times a year.

What do I do after the varnish is put on my child's teeth?

Avoid eating or drinking for a short time following application. Do not give him or her sticky or hard food until the next day. Avoid hot drinks and products containing alcohol (i.e., oral rinse). Avoid brushing or flossing for at least 4-6 hours.

It is okay to get another varnish treatment after three months (with your doctor, dentist, or at school) or sooner if recommended.

This treatment does not replace brushing your child's teeth or taking a fluoride supplement (if your doctor or dentist has prescribed it).

Remember, Baby Teeth are Important!



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As of May 2023, all the below dentists accept Wellsense Care Alliance. Please be sure to check at the time of booking the appointment that these dentists still accept Wellsense Care Alliance.

PDA Dental Group

Reading Office
52 Haven Street
Reading, MA 01867
(781) 944-7799

Winchester Office
955 Main Street, Suite 101 & G4
Winchester, MA 01890
(781) 729- 1900

Pediatric Dentists

Grace Anderson
Sean Ghassem-Zadeh
Anna Ross
Mathew Freitas
Nicole Harrington
Sonia Wu
Geraldine Garcia-Rogers
Joyce Ganas
Hayley Golden
Juliana Garfinkle
Kristen Huber
Karina Vergara
Patrick Cooper

Redstone Dental Care

Stoneham Office
70 Main Street
Stoneham, MA 02180
781-438-0345

Pediatric Dentists

Quynh Bui

Fanikos Salib Dental Care

Woburn Office
7 Alfred Street, Suite 125
Woburn, MA 01801
781-933-8380

Pediatric Dentists

Daniel Fanikos
Jerry Swee

Burlington Children's Dental

Burlington Office
131 Cambridge St. Floor 1
Burlington, MA 01803
781-229-2220

Pediatric Dentists

Morteza Yazdi

To view more dental providers that accept Wellsense Care Alliance and the most up to date list, please visit https://provider.masshealth-dental.net/MH_Find_a_Provider#/home or scan the QR code below:

