



# Fluoride Varnish Application Training for Missouri Oral Health Preventive Services Program





# Course Instructions

- **The course will take approximately 16 minutes to complete.**
- **The YouTube training presentation will advance automatically.**
- **You may stop and start this course at any time.**
- **Completion Code=VARNISH.**
- **You will earn 1 credit hour of continuing education.**



# 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 conducted by a licensed dentist or dental hygienist.**

## **EDUCATION**

**Curriculum materials available. Free toothbrushes and toothpaste.**

## **PREVENTION**

**Fluoride varnish applied twice per year by trained volunteers.**

## **REFERRAL**

**Children needing early or urgent dental care.**

# People Involved in the Event

## EVENT COORDINATOR

Person coordinating the screenings, varnish applications, 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.**
- **The purpose of PSP; “Many hands working together for the improved oral health of the community.”**
- **Your role is to provide fluoride varnish applications to the children’s teeth.**

# Fluoride Varnish is....

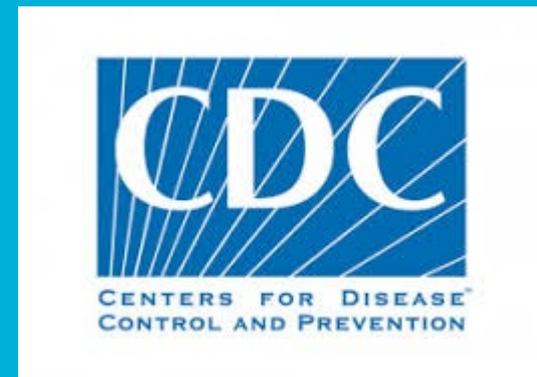
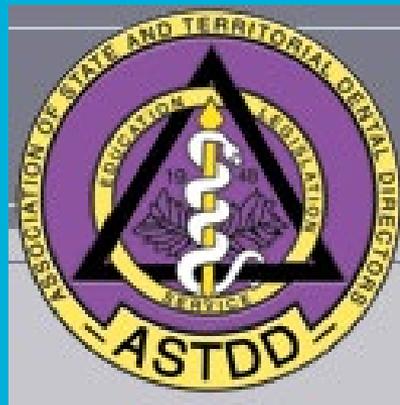


- **Safe for all ages.**
- **Easy to apply.**
- **Effective in helping to reduce dental decay/cavities.**

# Fluoride Varnish is Endorsed by the Following Associations ....

**ADA** American Dental Association®

America's leading advocate for oral health



# How Fluoride Varnish Works



- **Delays, stops and may reverse the decay process.**
- **Decreases the harmful effects of mouth acids.**
- **Rebuilds tooth enamel.**

# Set Up the Area

- Two straight back chairs will be necessary for the application, one for yourself and one for the child.
- A table or desk near your work area will keep supplies close for accessing.
- A trash can for disposables.



# Fluoride Varnish is Supplied in Individual Dose Packs.



# Other Items You May Need:



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

**These 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 knee to knee/lap position is helpful to use with infants and possibly toddlers.**



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

# Application Tip #2



**Good light and retraction with a gloved finger can make all the difference.**



# Application Tip #3

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



# Application Basics



- The teeth **DO NOT** need to be dried or brushed prior to the application of fluoride varnish.
- Varnish is “painted” on all surfaces of the teeth with a 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 "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 Surfaces**

# DO NOT ALLOW THE CHILD TO SPIT INTO A TRASH CAN

- After the varnish has been applied to all surfaces of the teeth, ask the child to close their mouth and swallow, watch them swallow.
- Assure the child they are not swallowing the varnish.
- Most teachers will allow children to have a drink after the application.



# Application Appearance



**The varnish hardens quickly after application and may appear as a slightly off-white color.**

# 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**



# 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



**SMILES**

**HAPPY, HEALTHY**



# Test Your Knowledge

**Can you correctly answer the following questions?**



**Question- Is it mandatory that the teeth are dried before fluoride varnish is applied?**

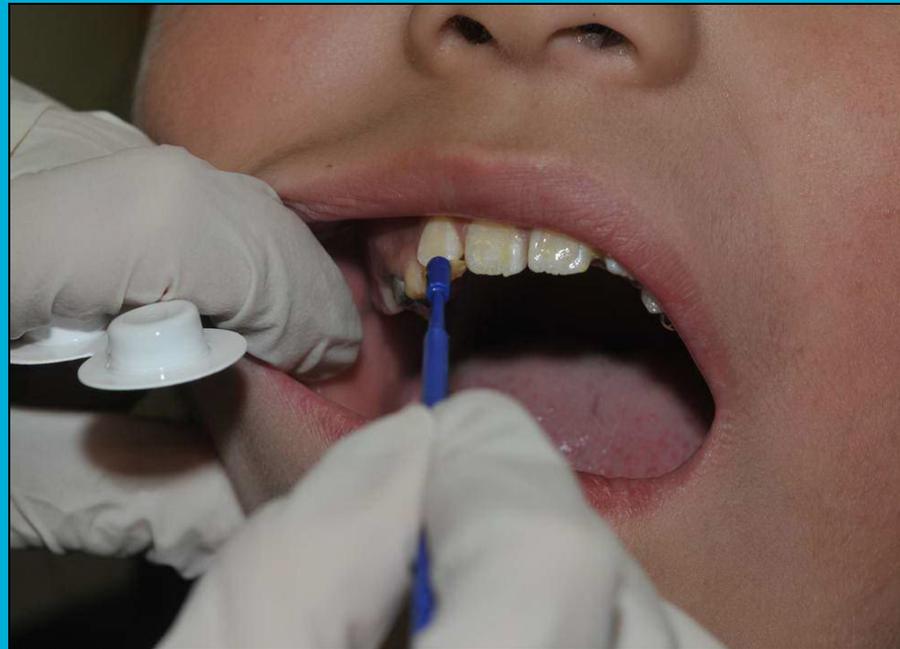




**Question- Is it mandatory that the teeth are dried before fluoride varnish is applied?**

- **No, it is not mandatory to dry the teeth before varnish application.**

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





**Question- 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 suggested to avoid crunchy food and very hot liquids.**



**Question- Is it alright for the child to spit into a trash can?**



**Question- Is it alright for the child to spit into a trash can?**



**DO NOT ALLOW  
THE CHILD TO SPIT  
IN A TRASH CAN!**



# Questions?

## Contact

**Department of Health and Senior Services  
Office of Dental Health/Oral Health Program**

**573-751-5874**

**<https://psp.health.mo.gov>**

**To Locate the Oral Health Program  
Consultant  
Nearest You**

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



*Thank You!*

