Regular dental visits for child

Family receives dental treatment

Healthy Snacks

Brush with fluoride toothpaste at least twice/day.

No soda

Less/no juice

Wean off bottle Least/no bottle for sleep.

Only water or milk in sippy cup

Chew Xylitol Gum

Drink tap water

Less/no candy & junk food

Important: The last thing that needs to touch your child’s teeth before bedtime is the toothbrush with fluoride toothpaste.

On a scale of 1-10, how confident are you that you can accomplish this goal? 1 2 3 4 5 6 7 8 9 10

Not likely Definitely

My promise: I agree to this goal and understand that staff may ask me how I am doing with this goal.

Date:_________________Signed by:__________________________________

Review Date:_____________ Comments:____________________________ Staff Initials:_________

(Used with permission from Dr. Francisco Ramos-Gomez and the American Academy of Pediatric Dentistry)
After Fluoride Varnish Application
Parent/Caregiver Instructions

Leave on 4-6 hours for maximum effect
Eat only soft foods day of treatment
No brushing for 4 to 6 hours
Avoid hot beverages for the rest of the day
Some brands leave a light yellow tint and/or feel sticky
Stop supplemental fluoride, including fluoride tabs for 2 to 3 days
Patients can be told teeth may feel “furry” for a short time

Huston J, Wood AJ 2009