

## Fluoride Varnish Facts

- Does **not** require special dental equipment
- Does **not** require a professional dental cleaning prior to application
- Requires minimal training and is easy to apply
- Dries immediately upon contact with saliva
- Is **safe** and well tolerated by infants, small children and individuals with special needs

## Applying Fluoride Varnish

### Have Supplies Ready

- Gauze sponges (2 X 2)
- Fluoride varnish
- Disposable applicator (if not included with the fluoride varnish)



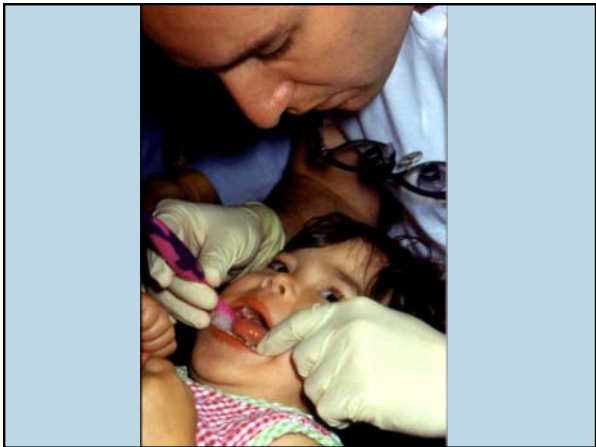
### Position the Infant or Child

The Knee-to-Knee Position





Conduct a Quick Visual  
Inspection



Dry Teeth with Cotton  
Gauze



Apply Fluoride with  
Disposable Applicator



When Finished,  
Offer Child a Drink of  
Water



### Post-application Instructions

- The child should eat a soft, non-abrasive diet for the rest of the day
- Brushing or flossing of the child's teeth should not occur until the next morning
- Inform the caregiver that it is normal for the teeth to appear dull and yellow until they are brushed the next morning

### Fluoride Varnish Application

- 2 to 4 applications per year per child
- Timing of applications does not appear to be important to preventive efficacy
- 40-80 applications per 10 mL tube

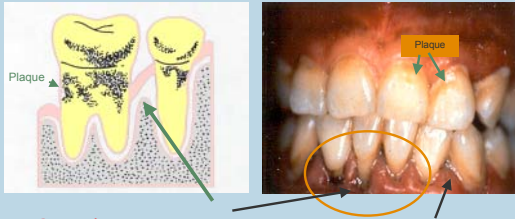


### Impact of Periodontal Disease On Health and Well-being

### Periodontal Disease

- Periodontitis is common among women of childbearing age.
- It is an infection and inflammation of gingiva and local support structures of the teeth.
- Plaque and bacterial products cause direct tissue damage.
- Host inflammatory and immune responses cause indirect damage.

## Periodontal Disease



### Periodontitis

- Advanced gum inflammation
- Bone loss
- Destruction of ligaments

### Gingivitis

- Inflamed Gums

## Is There a Link Between Periodontal Disease and Preterm Birth?

### Finding a Correlation Between Oral Infection and Prematurity

"Exciting new data also suggest that chronic oral infection like periodontal disease may contribute to preeclampsia, preterm birth, fetal growth restriction and fetal loss."

Contemporary OB/GYN Archive Aug. 1, 2003

### Finding a Correlation Between Oral Infection and Prematurity

First report of correlation in 1996.  
Adjusted odds ratio for delivery of a preterm infant are approximately 7%.



Offenbacher, S, et al., 1996

### Finding a Correlation Between Oral Infection and Prematurity

\$5.5 billion annual hospital costs associated with the care of small babies.



Extrapolation of data suggest 18% of preterm births may be attributable to periodontal disease.

## In Summary

Today we have:

- Learned about Early Childhood Caries (ECC)
- Identified your role in education, prevention and treatment
- Discussed what caregivers need to know about ECC
- Learned about fluoride varnish and practiced application

## Take Home Messages

### What You Can Do

1. Raise awareness, educate, **promote** oral health
2. Conduct a **risk assessment** for dental disease
3. **Check the mouth** at every well child visit
4. Provide appropriate **prevention** interventions that **target**: feeding practices, hygiene, fluoride
5. **Document** findings and follow-up

## Take Home Messages

### Key Points to Remember

- Teeth, including **baby teeth**, are **essential** for good general health and proper development
- Dental decay in early childhood is a serious **infectious disease**
- Decay develops in the presence of **teeth**, **bacteria** and **sugars**
- Dental decay in early childhood is entirely **preventable**
- First dental visit by **first** birthday



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