



Protect Your Smile with Fluoride Varnish

For Ages 1-20 / Safe / Quick / Works great

What is Fluoride Varnish?

It is a quick and pain free way to help your teeth. It is painted on the teeth.

Why it matters?

- **Protects from up to 33% more cavities**
- It is okay to use when babies get their first teeth
- Safe for kids, teens, and young adults

Who should get it?

Children and young adults 1-20 years old - helpful for those still growing or wearing braces.

- Even baby teeth need help to stay strong and healthy
- Teens with braces are at **higher risk** of cavities
- Young adults also need extra help to keep their teeth strong and build good habits.

How often?

Two times a year

How can I get it?

You can get fluoride varnish at:

- Child's doctor's or family-doctor visit
- Dentist visit

Ask your doctor about getting fluoride varnish at your child's next visit!

It's Quick and Easy!

A small brush is used to put the varnish on the teeth

- It dries in seconds
- No pain, no drilling, no shots
- It may appear yellow on the teeth at first but brushing the next morning will help the teeth return to normal color!

**Talk to your doctor or dentist staff today
about getting fluoride varnish!**

Call Molina Healthcare at **888-665-4621** if you need a doctor or dentist.



If you have health questions or worries after the doctor's office is closed, call the 24-hour Nurse Advise Line.

- English line: **888-275-8750** • Spanish line: **866-275-3537**