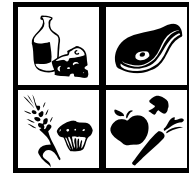


Pt Name: _____ DOB: _____

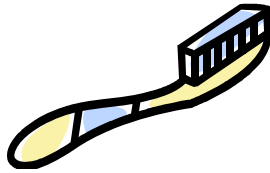


Regular dental visits for child

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.



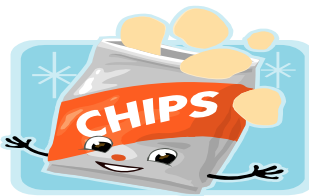
Only water or milk in sippy cup



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