

## Fluoride Varnish for Your Child

Dear Parent/Guardian,

Wellington-Dufferin-Guelph Public Health will be offering free fluoride varnish treatments at your school to help protect your children from getting cavities in their teeth. By the time children in our community are in Grade 2, almost 50 percent have had cavities which could be prevented. We offer this treatment to all children in your school.

Please read the information about this treatment and call us at 1-800-265-7293 ext. 2661 if you have any questions.

If you would like your child to have this free treatment, please sign the Medical History and Consent Form on page 3 and return it to your child's teacher.

Yours truly,



**Dr. Robert Hawkins**

Dental Consultant, Oral Health



# About Fluoride Varnish Treatment

## What is fluoride varnish?

Fluoride varnish is a protective coating that makes teeth stronger and prevents cavities. It is commonly applied to teeth by oral health professionals in both private dental offices and public health settings.

## What does it do?

Fluoride varnish sticks to the tooth for a few hours and is absorbed into the surface of the tooth. This re-mineralizes the tooth and helps reduce cavities.

## How is it put on the teeth?

A dental professional paints the fluoride varnish onto your child's teeth with a small disposable brush. Each brush is only used for one child. The process is quick, painless and easy.

## Why would I want my child to receive fluoride varnish?

Fluoride varnish has been shown to be effective and safe in many studies and research reviews.

- When applied two to four times a year, fluoride varnish helps to reduce tooth decay in children.
- No common or serious side effects have been reported. Young children and youth are able to tolerate fluoride varnish very well.

## Who can have the varnish treatment?

All students at your school can receive fluoride varnish.

## What do I do if I have more than one child at this school who I want treated?

- Sign one Medical History and Consent Form for each of your children at school.
- Return the signed Medical History and Consent Form to each child's teacher.
- Additional copies of the Medical History and Consent Form are available at [wdgpublichealth.ca](http://wdgpublichealth.ca).

## How can I prepare my child?



Talk to your child about the fluoride varnish treatment



Complete and return the consent form



Make sure your child eats only softer foods on clinic day

## After the fluoride varnish treatment:

- The effectiveness of fluoride varnish will be improved if your child eats softer foods on the day of the treatment. Crunchy foods can remove the fluoride varnish before it is absorbed.
- Your child can resume brushing and flossing at bedtime on the day of the fluoride varnish treatment.
- Do not use fluoride supplements, rinses or gels for 2 days following fluoride varnish treatment.

## Dental Services at WDG Public Health

We offer free dental services for eligible children and youth age 17 and under. Your child may be eligible if the cost of care would be a financial hardship. Free dental services include preventive care such as teeth cleaning, fluoride application and education about how to achieve good dental health.

We can help eligible children access a dentist and receive emergency treatment if needed.

**For more information about Public Health's dental services or to book an appointment, please call the Dental Line at 1-800-265-7293 ext. 2661.**



# Medical History and Consent Form: Fluoride Varnish Treatment

## Instructions for Parent/Guardian

1. Read the attached information about the Fluoride Varnish Treatment.
2. Remove and complete the consent form.
3. Return the signed consent form to your child's teacher.

### 1. Student Information

Last Name		First Name		Gender
Address		City, Province	Postal Code	
Birthdate (yyyy/mm/dd)	School		Teacher	Grade
Parent/Guardian Name		Home Phone	Work or Cell Phone	

### 2. Student Medical History

Please answer the following medical questions:

YES NO

a) Is your child seeing a doctor for any serious illness or medical condition? *If yes, please explain:*

b) Does your child have a known allergy to postage stamp glue (colophony) or pine nuts? *If yes, we will contact you about another treatment at your nearest Public Health office.*

c) Does your child have any other known allergies? *If yes, please list:*

d) Does your child have asthma diagnosed by a physician? *If yes, your child must have his/her asthma medication, including inhalers at school for the fluoride varnish treatment.*

Note: If your child requires any other special considerations, please call Wellington-Dufferin-Guelph Public Health at 1-800-265-7293 ext. 2661.

### 3. Consent

Please sign below. If you have any questions about fluoride varnish treatment, call 1-800-265-7293 ext. 2661.

**Yes, I consent to my child receiving the fluoride varnish treatment.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

By signing, I am indicating to Wellington-Dufferin-Guelph Public Health that I am a parent/guardian/student with legal authority to consent to this fluoride varnish treatment on behalf of the child/myself.

The information on this form is collected under the authority of the Health Protection and Promotion Act in accordance with the Municipal Freedom of Information and Protection of Privacy Act and the Personal Health Information Protection Act. This information will be used for the delivery of public health programs and services; the administration of the agency; and the maintenance of healthcare databases, registries and related research, in compliance with legal and regulatory requirements. Any questions about the collection of this information should be addressed to the Chief Privacy Officer at 1-800-265-7293.

For Oral Health Services Staff Use Only

**5°/o NaF Varnish Application History**

Date of Application	Brand	Flavour	Lot #	Expiry	Signature

**NOTES**

Date & Time	Comments