



CALIFORNIA CHDP/EPST DENTAL TRAINING:

Fluoride Varnish Practicum Guide

Use this guide to practice applying fluoride varnish after viewing the Fluoride Varnish PowerPoint

PREPARATION

Practice Materials:

- Sample fluoride varnish
- Hand sanitizer
- Gauze squares
- Gloves
- Paper towels
- Disinfectant

DEMONSTRATION

- Trainer will demonstrate first on a model, puppet, or participant.

Note: Fluoride Varnish can be removed from a doll/model with disinfectant or hand sanitizer.

- Pair up with a partner to practice on each other.

Steps:

1. Wrap the gauze around index finger of non-dominant hand.
2. Dry teeth one section or quadrant at a time, with gauze-covered finger – keeping finger in mouth to retract cheek/lip.
3. Bend brush to facilitate easy access to inside surfaces.
4. Use brush to apply fluoride varnish to **all** tooth surfaces in that area, keeping mouth open with gauze covered finger. It is important to apply to:
 - Chewing surfaces of molars, into fissures and between teeth
 - Tongue side of upper front teeth
 - Where gums and teeth meet
5. Repeat in each section until all teeth have been painted with varnish.
6. Practice giving caregiver post application instructions - use the *Fluoride Varnish Keeping Smiles Strong* brochure as a guide.
7. Remember to tell caregiver that this is “NOT a dental appointment. Child needs to see a dentist every six month”.

Hint: Try to keep the child’s mouth open during the entire application to prevent the child from tasting the varnish, to keep areas dry, and to speed the application.