

Fluoride Varnish Program

INFORMATION FOR PARENTS/GUARDIANS

Public Health, in partnership with schools, will be offering two FREE fluoride varnish applications during the school year to help protect student's teeth from getting cavities. We are offering fluoride varnish to all elementary aged students in your school.



What is fluoride?

Fluoride is a naturally occurring mineral found in soil, plant- and animal-based foods, and water. Because fluoride helps to prevent cavities, it is also added to various dental products. Fluoride strengthens tooth enamel (the outer layer of teeth), making them more resistant to cavities/tooth decay.

What is Fluoride varnish?

Fluoride varnish is a protective coating that can be safely applied to teeth up to 6 times per year to prevent, stop or reverse cavities. It can also be applied on teeth that already have cavities. Applying fluoride varnish to teeth is quick and easy.

What is the Fluoride Varnish Program?

The Fluoride Varnish Program is a Public Health program that offers two extra applications of fluoride to teeth for students in selected elementary schools. A Registered Dental Hygienist from Public Health will come to your school to apply fluoride varnish to students' teeth. The program is trying to help reduce cavities in school-aged children.

A small amount of varnish will be applied to visible surfaces of student's teeth using a small disposable brush. It is applied quickly and only takes a few seconds to harden.

A note will be sent home after each application.

This program is not meant to replace regular check-ups or fluoride treatments by a dentist, dental hygienist or other community oral health care program. The varnish application is not a complete oral health exam. A visual observation will be done for the purpose of applying the fluoride varnish.

How do I care for their teeth after fluoride varnish is applied?

Students can eat and drink right after the fluoride varnish is applied.

The fluoride varnish may appear and feel like a film on the teeth that will wear off in a few hours after application. They may brush and floss at bedtime. Students should not receive any other professional fluoride treatment or rinse with a home fluoride mouthrinse for 24 hours.

Is fluoride varnish safe?

Yes. Fluoride varnish is safe and used by dentists and doctors all over the world to help prevent tooth decay in children from the time the first teeth come in. The use of fluoride varnish is approved and recommended by Health Canada and the Canadian Dental Association.

Is there a cost to participate in the fluoride varnish program?

No. There is no cost to students and families.

You should know:



Fluoride Varnish products contain a natural tree sap resin, also known as colophony and rosin, which some people can be allergic to. The tree sap resin is used to help the fluoride varnish stick to the tooth surface. This tree sap resin is also used in many everyday products such as in chewing gum and in the glue used for bandages. An allergy to tree sap resin is very uncommon, however, students with an allergy to colophony/rosin should not get fluoride varnish.

Students that have been diagnosed with asthma by a doctor, must have their current quick reliever medication with them when receiving fluoride varnish. Though uncommon, the tree sap resin may be an irritant to those with asthma. Students should be prepared to use their medication in case it is needed.

Your consent is valid for this current school year unless cancelled in writing.

Questions?

If you have questions about the Fluoride Varnish Program, please contact your local Public Health office.



1

READ the information provided above.

2

COMPLETE, SIGN, and **DATE** the attached consent form.

3

RETURN the fluoride varnish consent form to the school even if the student is not participating in this program.



HOW TO CONTACT YOUR LOCAL PUBLIC HEALTH OFFICE

If you have any questions about the information in this booklet, or if there is anything you don't understand, contact your local Public Health office. You can also visit the Public Health website: www.nshealth.ca/public-health

Amherst 902-667-3319 or 1-800-767-3319	Digby 902-245-2557	Liverpool 902-354-5738	Port Hawkesbury 902-625-1693
Antigonish 902-867-4500 ext. 4800	Elmsdale 902-883-3500	Lunenburg 902-634-4014	Sheet Harbour 902-885-2470
Baddeck 902-295-2178	Glace Bay 902-842-4050	Meteghan Centre 902-645-2325	Shelburne 902-875-2623
Berwick 902-538-3700	Guysborough 902-533-3502	Middleton 902-825-3385	Sydney 902-563-2400
Bridgewater 902-543-0850	Halifax Regional Municipality & Eastern Shore 902-481-5800	Neil's Harbour 902-336-2295	Truro 902-893-5820
Canso 902-366-2925	Inverness 902-258-1920	New Glasgow 902-752-5151	Windsor & Wolfville 902-542-6310
Chester 902-275-3581		New Waterford 902-862-2204	Yarmouth 902-742-7141
Cheticamp 902-224-2410		North Sydney 902-794-2009	



Fluoride Varnish Program - Consent Form

Public Health, in partnership with schools, will be offering two FREE fluoride varnish applications during the school year to help protect student’s teeth from getting cavities. We are offering fluoride varnish to all elementary aged students in your school. A note will be sent home with students after each application.

This program is not meant to replace regular check-ups or fluoride treatments by a dentist or dental hygienist or other community oral health care program.

Do you consent to the student participating in the Fluoride Varnish Program?

Yes, I consent to two preventative fluoride varnish applications. The risks and benefits have been outlined in the *Fluoride Varnish Program Information Sheet* accompanying this Consent Form.

Does the student have an allergy to colophony/rosin? (Colophony/rosin is a natural tree sap resin found in many common products such as chewing gum and the glue used for bandages)

- Yes Students with an allergy to colophony will not receive the fluoride varnish.
- No

Has the student been diagnosed with asthma by a doctor?

- Yes The student must have their current quick reliever medication with them when receiving fluoride varnish in case it is needed.
- No

No, I do not consent to preventative fluoride varnish applications. The risks and benefits have been outlined in the *Fluoride Varnish Program Information Sheet* accompanying this Consent Form.

Student’s name: _____ Preferred name: _____

Date of birth: Year _____ Month _____ Day _____

Parent/Legal Guardian name: _____

Mailing address: _____

Daytime phone number: _____

School: _____ Teacher: _____ Grade: _____

I confirm that I have legal authority to provide consent to this service.

Date: _____ Signature of parent or legal guardian _____

Please RETURN this signed consent form to the school even if the student is not participating in this program.

Your consent is valid for this current school year unless cancelled in writing.



Fluoride Varnish Program

Dear Parent or Guardian:

Today, Public Health Dental Hygienists in partnership with your school were pleased to offer a fluoride varnish application, as per your consent.

This program is not meant to replace regular check-ups or fluoride treatments by a dental health provider.

Student's name: _____

- Received a fluoride varnish application.
 - 1st application
 - 2nd application
- Did not receive a fluoride varnish application.

Comments: _____

Today's varnish application is not a complete oral health exam. A visual observation was done for the purpose of applying the fluoride varnish.

While applying the fluoride varnish, we noticed:

- No obvious concerns.
- Possible need for a complete oral health exam and/or treatment. Please see a dentist.
- Dental treatment required. Please see a dentist as soon as possible.**

If it is observed that **dental treatment is required**, you will receive a phone call/letter from a Public Health Dental Hygienist providing follow-up support information.

Comments: _____

You should know:

- The fluoride varnish may appear and feel like a film on the teeth that will wear off in a few hours. Brush and floss at bedtime as per your usual routine.
- Professional fluoride treatments or rinsing with home fluoride mouth-rinse should be avoided for 24 hours.

For more information call your local Public Health Dental Hygienist:

Dental Hygienist: _____

Phone Number: _____ Email: _____

Signature of Dental Hygienist: _____ Date: _____

Dental care for Nova Scotia children

For children in Nova Scotia who are not covered by private dental insurance there are some options that offer coverage (funding) for dental care:

- **[Children's Oral Health Program \(MSI\)](https://novascotia.ca/dhw/dental-programs/children-oral-health-program.asp)** covers services until the end of the month of a child's 15th birthday. Call Toll Free 1-833-739-4035 or visit Children's Oral Health Program at: <https://novascotia.ca/dhw/dental-programs/children-oral-health-program.asp>
- **[Canadian Dental Benefit](https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_dental)** may be available to lower dental costs for eligible families for children under 12 years old that do not have access to a private dental insurance plan. https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_dental

For eligible First Nations and Inuit:

[Dental Benefits Guide for First Nations and Inuit: Non-Insured Health Benefits \(NIHB\) program.](https://www.sac-isc.gc.ca/eng/1579538771806/1579538804799)

The NIHB program provides eligible First Nations and Inuit clients with coverage for a range of health benefits that are not covered through other: social programs; private insurance plans; provincial or territorial health insurance. This includes dental care.

<https://www.sac-isc.gc.ca/eng/1579538771806/1579538804799>

[Jordan's Principle](https://www.unsm.org/dept/jordans-principle)

Jordan's Principle makes sure all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding can help with a wide range of health, social and educational needs, including dental care.

<https://www.unsm.org/dept/jordans-principle>

ALL children should be assessed for sealants as this is another effective way to prevent tooth decay.

[Sealants – Seal Out Tooth Decay](https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1866.pdf)

<https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1866.pdf>

Please reach out to your existing health, school or community resources for more information and support. The Public Health Dental Hygienists are also available to help connect you with these programs and information. Their phone number and email is available on the form.