

FLUORIDE DENTAL VARNISH PROCEDURE

PURPOSE: To educate parents and aid in the prevention of dental caries in children from 12mos to 3 yrs. of age

SCOPE: This policy applies to all staff at All About Children Pediatric Partners.

RESPONSIBILITY: It is the responsibility of the physicians and nurse practitioners at All About Children Pediatric Partners to facilitate the implementation of this policy.

POLICIES:

- It is within the scope of practice of the pediatrician or certified nurse practitioner to do an oral assessment during a physical examination and to apply dental varnish to the teeth to aid in the prevention of dental caries.
- Separate parental consent not necessary - varnish is covered by the written consent for examination in the office
- Because a large number of our patients fall into a high risk category for dental caries, drink large amounts of juice throughout the day, and continue nighttime bottles as a cultural practice, fluoride varnish will be made available to all patients in the practice regardless of income level.
- Where possible, insurance reimbursement will be sought for the application of fluoride varnish – both supplies and professional components.
- At the 12, 15, 18, 24, 30, and 36 month EPSDT visits an oral assessment will be done on all children as part of the check up visit on all patients of AACPP. Verify that varnish has not been administered by dentist recently.
- Dental varnish will be applied at the 12 and 15 month visit or at ill visits in between if a child is at risk or early signs of dental caries are found and subsequently at the 18, 24, 30, and 36 month check up visits.
- At the 18, 24, 30, and 36 month checkup visit regardless of risk or economic status, varnish will be applied with parent verbal consent
- Parents will be educated as to the need and how to cleanse child's teeth
- At the 24 and 30 month visits provide name of dental providers who will see three year olds and encourage the parent to call to obtain dental appointment prior to 3 year old appointment with AACPP.

SUPPLIES:

- Dental varnish kit containing 5% NaF in xylitol (50mg/ml NaF = 22.5mg/ml fluoride ion = 22,5000 ppm) with applicator brush (hardens on contact with saliva or water)
- Non-sterile nitrile gloves
- Plastic disposable dental mirror (optional)
- Children's "flosser" (optional)

PROCEDURE:

- Contraindications:
 - Ulcerative gingivitis, stomatitis
 - Aphthous ulcers, open lesions
 - Allergic to colophony/rosin
 - Allergic to pine or possibly nuts
 - Multiple allergic sensitivities
- Explain risk, benefits, and alternatives
- Disclose alcohol content (vaporizes upon application)
- Work from above the head of the child - A knee to knee position with the practitioner and parent, with parent holding the child, lying the child back toward the practitioner's lap - or other position comfortable for the practitioner and patient
- Mix varnish until it appears homogeneous
- Eliminate excess moisture on teeth with gauze
- Paint a very thin layer of varnish on all surfaces of the teeth with gloved hands with applicator in varnish kit (0.25 ml is maximum needed).
- A tongue depressor or plastic dental mirror may be useful in this process
- Avoid applying varnish on large open cavities where there may be pulp involvement
- Varnish begins to harden upon contact with saliva or water
- May floss to get the varnish between the teeth (optional)
- Avoid contact with skin and eyes
- Dispose of gloves and remainder of varnish kit.
- Parent instructions:
 - Leave on for 4-6 hours for maximum effect
 - Eat only soft foods on the day of treatment

- No brushing for 4-6 hours (or until next day)
- Avoid hot beverages for the rest of the day
- Some brands leave a light yellow tint and /or feel sticky
- Stop any supplemental fluoride (if it is being given) for 2-3 days
- Teeth may feel "furry" for a short time
- Discuss tap water source, and prescribe supplemental fluoride, if needed
 - Most fluoride removed from water if purified, demineralized, deionized, distilled or treated by reverse osmosis
 - Call water company to find amount or
- Give parent information sheet about procedure

CHARTING:

- Chart under Fluoride Treatment in Procedures section (template already present)
- Instruct medical assistant to enter date of treatment in SIIS Note for permanent accessibility.

Developed by Eve Kimball, MD, FAAP

April, 2010

All About Children