

Fluoride Varnish for Adults Q&A



What is fluoride varnish?

Fluoride varnish is a liquid containing fluoride, a naturally occurring mineral. Fluoride varnish is applied to the surfaces of teeth with a small brush to make them more resistant to cavities. It can be applied by a dental hygienist, dentist, nurse, physician, or other health professional.

Fluoride varnish is recommended for children and adults to help prevent cavities. Cavities can lead to problems with eating, talking, smiling, and doing daily activities. If a cavity is left untreated, an infection called an abscess may form. This infection can spread to other parts of the body and cause serious health problems.

Is fluoride varnish safe?

Fluoride varnish is safe for children and adults, including pregnant women and older adults. Fluoride varnish may temporarily make teeth look yellow or dull. This is normal, and the teeth will go back to their usual appearance after they are brushed with toothpaste.

After fluoride varnish is applied, are there things to avoid?

After fluoride varnish is applied, you may be advised to avoid eating foods, drinking beverages, and brushing or flossing your teeth for a short time.

How long does fluoride varnish last, and how often should it be applied?

Fluoride varnish helps protect teeth from developing cavities for several months. It works best if adults receive a fluoride varnish application every 3 to 6 months.

Is fluoride varnish covered by dental insurance?

Some dental insurance plans cover fluoride varnish application for adults. Ask your dental office or dental insurer to learn more.

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