

# Fluoride Varnish and Oral Health Screening

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

## ✓ TEETH AND CONDITIONS PRESENT

### How many teeth are present?

- 1-8
- 8-16
- 16-20

### How many teeth perceived cavities?

- None
- 1-2
- 3-4
- 5-10
- 10-20

### Noted presence of intraoral soft tissue pathology?

- Yes
- No

### If yes, check all that apply:

- Ulcer
- Mucocele
- Inflamed Gingiva
- Herpes
- Lingual Frenulum
- Abscess

### Please check all that apply:

- Early Tooth Eruption (<6 months)
- Poor Parental Dental Health
- Does the child go to bed with bottle/breast/cup?
- Frequent Snacking (3x or more per day)
- Enamel Defects/Pits
- Prolonged Bottle/Breast Feeding (>1 year)
- Well Water or non-fluoridated bottle water
- Greater than 3 weeks (continuous) of liquid meds
- None

## ✓ ORAL HEALTH CARE QUESTIONS

### Does someone clean the child's teeth daily?

- Yes
- No

### If yes, who? (Check one only)

- Parent
- Grandparent
- Sibling
- Guardian
- Not reported

### Does the child use toothpaste with fluoride?

- Yes
- No

### Was fluoride varnish applied?

- Yes
- No

### Does the child go to bed with bottle/breast/cup?

- Yes
- No

### If yes, check all that apply:

- Water
- Milk
- Juice
- Soda/soft drink
- Sugar Water

### Does the child use pacifier?

- Yes
- No

### If yes and dipped in anything, check all that apply:

- Milk
- Juice
- Soda/soft drink
- Sugar Water

### Does the child take fluoride supplements?

- Yes
- No
- Not reported
- Pills
- Drops

### Was education on oral health care provided?

- Yes
- No

### Including this visit, how many times has the screening, fluoride varnish and education been provided?

- 1
- 2
- 3
- 4

## ✓ ASSESSMENT/PLAN

### Self Management Goals:

- Regular dental visits
- Wean off bottle
- Healthy snacks
- Dental treatment for parents
- Less/No juice
- Less/No junk food or candy
- Brush twice daily
- Only water in sippy cup
- No soda
- Use fluoride toothpaste
- Drink tap water
- Xylitol

### Completed:

- Anticipatory Guidance
- Fluoride Varnish
- Dental Referral

### Caries Risk:

- Low
- High

## ✓ REFERRAL

### Was dental referral for cavities/pathology made by physician?

- Yes
- No

### Was parent/guardian informed that dental referral is needed and it is their responsibility to make the appointment?

- Yes
- No

### Was parent/guardian provided the dental referral list of specialists and their contact info?

- Yes
- No

**CONTRAINDICATIONS:**

1. Gingival stomatitis
2. Ulcerative gingivitis
3. Intra-oral inflammation
4. Aphthous ulcers, other open lesions
5. Allergic to colophony/rosin
6. Allergic to pine or possibly nuts
7. Multiple allergic sensitivities
8. Known sensitivity to colophony or colophonium or other product ingredients which include:
  - Ethyl alcohol anhydrous USP 38.58%
  - Shellac powder 16.92%
  - Rosin USP 29.61%
  - Copal
  - Sodium Fluoride 4.23%
  - Sodium Saccharin USP 0.04%
  - Flavorings, Cetostearyl Alcohol

**PRECAUTIONS:**

Do not apply varnish on large open carious lesions. Referral to licensed dentist is indicated

**PRE-APPLICATION INSTRUCTIONS:**

1. Remind the parent/legal custodian/guardian to provide the child something to eat or drink before receiving the fluoride varnish application.
2. Advise the parent/legal custodian/guardian that the child's teeth may become temporarily discolored, as some fluoride varnish agents have an orange-brown tint.
3. Explain the discoloration will be brushed off the following day, yet the protective qualities of the fluoride varnish will remain.

**POST-APPLICATION INSTRUCTIONS:**

1. To keep the varnish on the teeth for as long as possible.
2. The teeth should not be brushed until the next morning.
3. The child should eat a soft, non-abrasive diet for the rest of the day
4. Inform the caregiver that it is normal for the teeth to appear dull or yellow until they are brushed; the discoloration will wear off in 6-8hrs.
5. The child can leave immediately after the application.
6. Re-communicate referral status to a dentist, if necessary.

**SIDE EFFECTS:**

It is normal for the teeth to appear dull and yellow in appearance until the teeth are brushed

**ADVERSE REACTIONS:**

Edematous swelling has been reported in rare instances, especially after application of extensive surfaces. Dyspnea, although extremely rare, has occurred in asthmatic people. Nausea has been reported when extensive applications have been made. If indicated, varnish film can be removed with a thorough brushing.

DOS:\_\_\_\_\_

Initials:\_\_\_\_\_