

Fluoride Varnish in Your Pediatric Practice – An Effective, Quick, Low-Cost Health Intervention



Tooth decay is the most common chronic disease in childhood – yet, it’s completely preventable. Poor oral health can inhibit a child’s ability to eat nutritious foods, socialize, and learn in school. Medical providers have early and frequent visits with infants and young children, giving them an opportunity to assess a child’s oral health before problems develop.

Fluoride varnish is a concentrated dose of fluoride that is painted on the teeth with a small brush; it only takes a few seconds to apply during a well-child visit. It works by rebuilding weakened tooth enamel, making it harder and stronger to prevent further decay. In Texas, Medicaid reimburses medical providers for performing an oral evaluation and applying fluoride varnish.

Who can apply fluoride varnish?

You don’t need to be a dentist to administer fluoride varnish! You just need to become trained to provide the service. It is free, quick, and easy.

Many members of the pediatric team can apply fluoride varnish during well-child visits including Texas Health Steps enrolled:

- Physicians
- Physicians Assistants
- Advance Practice Registered Nurses

What’s included in the no cost e-module training?

- 0.50 CME/NCPD credits
- Short videos that demonstrate oral evaluation and fluoride application

Where can I learn more about fluoride varnish and oral health?

Texas Health Steps’s Oral Evaluation and Fluoride Varnish Training – Training provided by the Texas Health and Human Services Commission (HHSC) and the Texas Department of State Health Services (DSHS).

Texas HHS’s Oral Evaluation and Fluoride Varnish in the Medical Home – HHS’s website provides information on the free training through the Texas Health Steps Online Provider Education website.

Oral Health - HealthyChildren.org – The American Academy of Pediatrics’s website about oral health.



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