

Head Start Caries Intervention Program 2010

Instructions for the RDH Volunteer

When you arrive at your designated center location, go to the office and sign in with either the center director or the designated party. A “Head Start Health Specialist” will meet you with supplies. If you are one of the larger centers you will possibly be working out of a mobile van; in the smaller centers, application will take place in the classroom. From here it is your show! Make sure you have fun and remember a smile – you are helping to keep these children out of the emergency room with toothaches and setting the stage for a lifelong healthy dentition! Items of significance have been bolded.

Supplies:

Varnish- You will paint a coating of Fluoride Varnish on the children’s teeth. Remember their saliva will distribute the fluoride ions to the areas of enamel in need of strengthening, so there is no need for precise application on all surfaces. They will then spit into a paper towel and receive a sticker.

Gloves and Masks - Gloves and ear-loop masks are provided – most sizes available

Paper Towels - The children can spit in a paper towel, which is placed into the nearest garbage pail.

Stickers - One per child

Post-op Instructions- The teacher will provide instructions to be sent home to parents.

Other instructions:

Attire – Scrubs, and name tag if available

Items to Bring:

- **Center telephone number and address in case you get lost!**
- A **pen** to fill out “**STATEMENT OF IN-KIND CONTRIBUTION**” while at your center
- **Safety glasses, please wear!**
- **These instructions for quick reference**
- A camera if you would like to take photos and share with PCDHA and Head Start!
- A smile ☺

Why have we chosen Fluoride Varnish (NaF)?

The research demonstrating the effectiveness of fluoride varnish (FV) over other professionally applied topical fluorides is outstanding. Fluorides prevent tooth decay by initiation of a remineralization cycle involving the tooth and available fluoride, phosphate, and calcium. Research has shown us that this remineralized tooth is stronger and less susceptible to recurrent breakdown. High-dose FV works on the tooth by increasing the concentration of available fluoride; enhancing the amount of fluoride uptake by the demineralized area. FV has been shown to have substantivity of up to seven days, where as fluoride gels and foams have a documented substantivity of up to 15 minutes. Because FV is a paint-on system rather than a tray based system, application time has been greatly diminished. Additionally, this paint-on system has documented effectiveness of ease of placement for infants and toddlers as well as the developmentally disabled and those with severe gag reflex. Although, research has not given us a definitive time frame for application of FV, effectiveness points to biannual application in moderate to high-risk individuals. This application is most beneficial to the patient when applied before the clinical inception of detectable caries.

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