



**KyHealth Choices**

## Fluoride Varnish Manual



**Cabinet for Health and Family Services  
Kentucky Department for Medicaid Services  
Division of Hospitals and Providers  
275 East Main Street  
Frankfort, KY 4062**

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CABINET FOR HEALTH AND FAMILY SERVICES  
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Commissioner

July 03, 2007

**TO:** Physicians (64) Provider Letter A-362; Physicians (65) Group Provider Letter A-21

**RE:** Fluoride Varnish

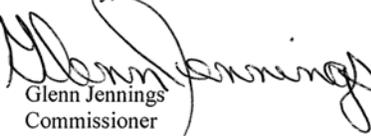
Dear *KyHealth Choices* Provider:

Effective July 1, 2007, the Department for Medicaid Services will begin reimbursing Physicians to administer topical Fluoride Varnish to the teeth of Medicaid eligible clients through age four (4).

Topical fluoride applications are one of the most effective ways to prevent, slow down, arrest and even reverse early cavities. Dentists have been providing fluoride services for decades. Fluoride varnish provides Physicians with a superior method of fluoride application, especially for children through four (4) years of age. The provider need not seek prior authorization for this service to these young Medicaid recipients. The Physicians will bill for the service using code D1206. To be eligible for reimbursement, the D1206 code must be billed in conjunction with an office visit exam code. The procedure will be allowed once every ninety (90) days up to a maximum of two (2) times per twelve (12) months. The reimbursement rate for the D1206 code is set at \$15.00.

The Department appreciates your commitment to providing the needed healthcare services to Kentucky Medicaid members. If you have any questions concerning these changes, please contact Charles Douglass at (502) 564-6511, Monday through Friday, 8:00 a.m. until 4:30 p.m. (eastern-time).

Sincerely,

  
Glenn Jennings  
Commissioner

Xc: Physicians (64) Provider Letter A-362; Physicians (65) Group Provider Letter A-21

GJ/CB/amd00288

## Program Policy Information

**Description:** Topical Application of Fluoride

**Effective Date:** July 1, 2007

**Age Group:** KyHealth Choices Member from birth through four years of age

**Provider Type:** Physician and Physician Groups

**Covered CPT Codes:** D1206 Topical Application of Fluoride \$ 15.00.

**Limitations of Coverage:** D1206 will be allowed **once every 90 days** up to a **maximum of two visits per 12 months**.

**Coding/Billing Guidelines:** To be eligible for reimbursement, D1206 will need to be billed in conjunction with an office visit exam code.

**Questions:** For more information concerning this policy, contact the Division of Hospital and Providers at 502-564-6511.

# Fluoride Varnish Application Protocol

## Introduction

Fluoride varnish is a thin coating of resin that is applied to the tooth surface to protect it from decay. According to the FDA, fluoride varnish falls under the category of “drugs and devices” that presents minimal risk and is subject to the lowest level of regulation.

## Purpose

The purpose of applying fluoride varnish is to retard, arrest, and reverse the process of cavity formation.

## Advantages

- Does not require special dental equipment.
- Does not require a professional dental cleaning prior to application.
- Is easy to apply.
- Dries immediately upon contact with saliva.
- Is safe and well tolerated by infants, young children, and individuals with special needs.
- Is inexpensive.
- Requires minimal training.
- Kentucky Medicaid will reimburse medical providers \$15.00 per application.

## Indications

Infants and children with a moderate or high risk of developing cavities. A child is considered at risk if he/she:

- Has had cavities in the past or has white spot lesions and stained fissures
- Continues to use the bottle past 1 year of age or sleeps with a bottle containing liquids other than water
- Breastfeeds on demand at night
- Has a developmental disability
- Chronically uses high sugar oral medications
- Has family members with a history of caries
- Engages in prolonged or ad lib use throughout the day of a bottle or sippy cup containing liquids other than water

## Contraindications

Children with a low risk of cavity formation who consume optimally fluoridated water or children who receive routine fluoride treatments through a dental office.

## Application procedure

### Pre-application instructions:

- Remind the parent to give the child something to eat and drink before coming to receive a fluoride application.
- Advise the parent that the child’s teeth may become discolored temporarily as fluoride varnish has a yellow-ish tinge. Tell the parent that the varnish can be brushed off the following day.

### You will need to have:

- Disposable gloves
- Gauze sponges (2 x 2)
- Fluoride varnish
- Small disposable fluoride applicator
- Paper towels or disposable bids to place under the child’s head (optional)

### Position the child:

- For an infant – place the child on the parent's lap with the child's head on the parent's knees and the child's legs around the parent's waist. Position yourself knee-to-knee with the parent and treat the child from behind the head.
- Or, place the infant on an exam table and work from behind the head.
- Or, as you gain experience, do whatever works for you.
- For a young child – place the child in a prone or sitting position and work from above the head as with an infant.
- Or, adapt a method that works best for you.



### The application:

- Using gentle finger pressure, open the child's mouth.
- Remove excess saliva with a gauze sponge.
- Use your fingers and sponges to isolate the dry teeth and keep them dry. You will usually be able to isolate a quadrant of teeth at a time, but may have to work with fewer teeth in some children. Infants are easiest because they have only anterior teeth.
- Apply a **thin** layer of the varnish to **all surfaces of the teeth**. Avoid applying varnish on large open cavities where there may be pulp involvement.
- Once the varnish is applied, you need not worry about moisture (saliva) contamination. The varnish sets quickly.

### Post-application instructions:

- Eat a soft, non-abrasive diet for the rest of the day.
- Do not brush or floss until the next morning
- Inform the caregiver that it is normal for the teeth to appear dull and yellow until they are brushed.

- Advise the parent/caregiver that regular dental visits should begin by the age of one year. Refer the child to either a pediatric or general dentist for comprehensive care in addition to the fluoride varnishes given in the physician's office.

When your child leaves today, his/her teeth will have been coated with fluoride varnish and will not look as bright and shiny as usual. They will look as they usually do tomorrow when the varnish has had time to have its maximum effect and has worn off.

**To keep the varnish on the teeth as long as possible and to achieve the best result:**

- Your child should eat soft foods for the rest of the day.
- Teeth should not be cleaned until tomorrow morning.
- In the morning, clean the mouth and teeth as usual.

**Remember:**

- Even though the child may fuss, the varnish application is not unpleasant.
- Tell the parent that the teeth will not be white and shiny until the next day.

## Fluoride Varnish Application Checklist

Gather supplies: varnish, 2x2 gauze, applicator, container to hold varnish, disposable mouth mirror, toothbrush, dental bib or lap barrier and cold glass of water	
Don personal protective equipment: protective eye, gloves, gown and mask	
Obtain written parental / guardian permission	
Explain procedure to parent / caregiver. Mix varnish.	
Instruct parent to hold the child facing towards them with the child's legs around parents hips	
Sit in a "knee to knee" position with parent	
Place the lap barrier on the operator's lap	
Have the parent gently lower the child into the operator's lap	
Lift the upper lip and inspect for "white spot lesions"/instruct parent at the same time	
Dry the four maxillary (upper) front teeth with gauze	
Paint the varnish on the front and back of the maxillary (upper) four front teeth	
Dry the remaining teeth	
Paint the varnish on the remaining teeth including the occlusal (biting) surfaces	
Sit the child up and offer glass of water	
Instruct the caregiver / parent to have the child refrain from eating or drinking for 4 hours. If the child must eat, offer only soft food and water.	
Instruct the caregiver / parent not to brush until the following morning. Inform the caregiver that the teeth will remain an amber color (this will come off when the teeth are brushed).	

## Fluoride Varnish Ordering Information

**Product:** AllSolutions (5% NaF in a natural resin) Available in a unit-dose with an applicator

**Company Name:** Dentsply Professional

**Phone:** (800) 989-8826

**Website:** <http://www.dentsply.com/>

**Product:** Cavity Shield (5% NaF in a natural colophonium resin) Available in a unit-dose with an applicator

**Company Name:** Omni Products

**Phone:** (800) 445-3386

**Website:** <http://www.omniipharma.com/>

**Product:** Durafluor (5% NaF in a natural colophonium resin)

**Company Name:** Medicom

**Phone:** (800) 435-9267

**Website:** <http://www.medicom.com/home.ch2>

**Product:** Duraphat (5% NaF in a natural colophonium resin)

**Company Name:** Colgate Oral Pharmaceuticals

**Phone:** (800) 2-COLGATE ((800) 225-3756)

**Website:**

<http://www.colgateprofessional.com/app/ColgateProfessional/US/EN/HomePage.cvsp>

**Product:** Fluor-Protector (0.1% difluorosilane in a polyurethane base)

**Company Name:** Ivoclar North America-Vivadent

**Phone:** (800) 327-4688

**Product:** VarnishAmerica (5% NaF in a natural colophonium resin) Available in a unit-dose with an applicator

**Company Name:** Medical Products Laboratories, Inc.

**Phone:** (800) 523-0191, Ext 326

**Website:** <http://www.medicalproductslaboratories.com/>

# Information for Parents About Fluoride Varnish

## **Why do we recommend putting fluoride varnish on children's teeth?**

Tooth decay is one of the most common preventable diseases seen in children. Children as young as 12-18 months can get cavities. Cavities in baby teeth can cause pain and even prevent children from being able to eat, speak, sleep and learn properly. Children do not lose all their baby teeth until they are about 12 to 13 years old.

## **What is fluoride varnish?**

Fluoride varnish is a protective coating that is painted on teeth to help prevent new cavities and to help stop cavities that have already started.

## **Is fluoride varnish safe?**

Yes, fluoride varnish can be used on babies from the time they have their first teeth. Only a very small amount of fluoride varnish is used. This method of providing fluoride to teeth has been used in Europe for more than 30 years. Fluoride varnish is approved by the FDA and is endorsed by the American Dental Association.

## **How is it put on the teeth?**

The varnish is painted on the teeth. It is quick and easy to apply and does not have a bad taste. There is no pain, but your child may cry just because babies and children don't like having things put in their mouths especially by people they don't know! Your child's teeth may be yellow after the fluoride varnish is painted on, but the yellow color will come off when you brush your child's teeth tomorrow.

The American Academy of Pediatrics, the American Academy of Pediatric Dentist and the American Dental Association all advise that children see a dentist by the age of one year.

Make your child an appointment with your General or Pediatric Dentist today.

## **Baby Teeth are Important!**

Remember, do not clean your child's teeth today and do not give them hot, hard or sticky foods. Start cleaning your child's teeth tomorrow morning. The yellow color will come off when you brush your child's teeth.