

Fluoride Varnish Approval for Pediatric Patients based on Guardian Demographic

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Introduction

In pediatric dentistry, regular fluoride varnish treatments are important to help prevent tooth decay. Dentists try to stress the importance of regular fluoride treatments, but the final decision is in the hands of the child's guardian. There are many factors that influence guardian approval or disapproval of fluoride. A major factor is the cost of dental care.

Purpose

The purpose of this study is to determine if the demographic of the guardian plays a role in their willingness to allow fluoride application for their child. In this chart review, we compared guardian approval with insurance coverage and primary office location.

Methods

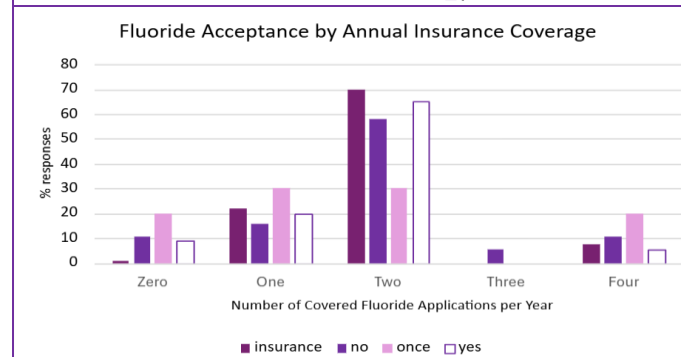
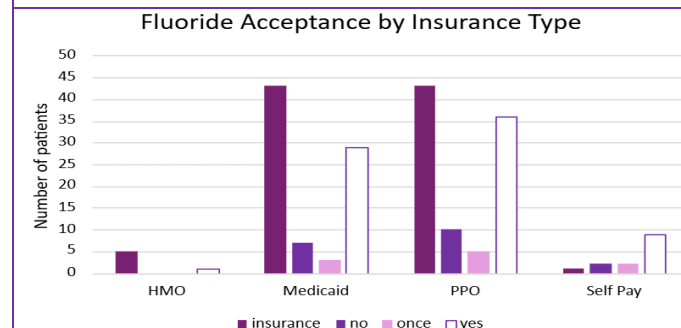
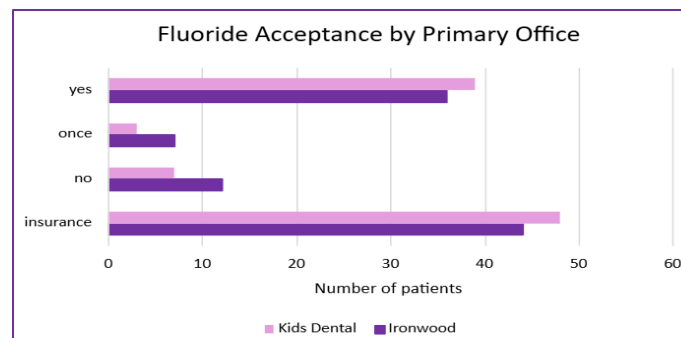
A chart review was performed using patient charts in CareStack software at The Kids Dental Office of Phoenix and Ironwood Pediatric Dentistry.

Data was collected from a fluoride consent that each guardian completes before the dental visit. The guardian's account qualified if they had at least one child under 18 years old that had a dental appointment during November 2025.

Data collected includes the office the family primarily goes to, their primary dental insurance policy, and their response to the fluoride consent form.

The fluoride consent form has four options; yes twice a year, only as insurance allows, once a year, and no fluoride.

Figures



Results

- A total of 196 patient charts were reviewed. 97 patient charts were audited from The Kids Dental Office of Phoenix, and 99 patient charts were audited from Ironwood Pediatric Dentistry.
- There was no significant difference in fluoride acceptance between the two primary offices ($p=0.363$).
- There was no significant difference in fluoride acceptance between the four types of insurance ($p=0.108$).
- There was a significant difference in fluoride acceptance based on number of covered fluoride applications per year ($p=0.021$). 69.6% of guardians approved of fluoride application based off insurance coverage if their insurance covered two applications per year.

Conclusions

A considerable number guardians selected the option for fluoride application based on their insurance coverage regardless of insurance type. This could demonstrate a lack of understanding of their benefits. It is important for dental professionals to help guardians understand not only their fluoride benefits, but also the value of fluoride in regard to the oral health of their child. Dentists educating the guardians will hopefully lead to them making a more informed decision about fluoride application.

References

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