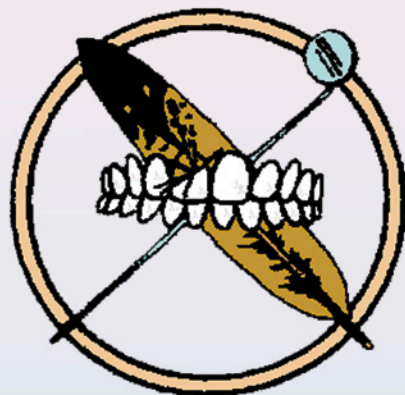


Over 85% of children in the Sioux Lookout Zone have tooth decay before they reach 5 years of age.



Fluoride varnish combined with regular toothbrushing can help to reduce early childhood cavities.



For more information contact:

Sioux Lookout Zone Dental Program
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FLUORIDE VARNISH PROJECT

How Can Your
Child Benefit?



What is fluoride varnish?

- Fluoride varnish is a coating that strengthens the outer surfaces of your child's teeth to help prevent cavities.
- The fluoride varnish is safe to use up to 4 times per year.
- The varnish is painted on the teeth. It is quick, easy and painless to apply and does not have a bad taste.
- The yellow varnish will quickly harden into a white coating that will be visible for only a few hours after the application.
- Applications will be given 6 times over an 18-month study period. It is important that your child receives all of the scheduled treatments.



After each fluoride varnish application:

Your child should not eat or drink anything for at least 30 minutes.



Avoid giving crunchy and chewy foods to your child until the morning after the application.



Do not brush or floss your child's teeth until the morning after the application. Then continue to supervise your child's toothbrushing at least twice per day with a pea-sized amount of fluoride toothpaste.



Does fluoride varnish work if teeth are getting soft?



Fluoride varnish may help harden chalky white or light brown soft spots on teeth and prevent them from progressing into actual holes or cavities.

Baby Teeth - Keep Them Beautiful!

