Fluoride Varnish helps stop decay.

This means...

Tooth decay must change, but the habits that started the decay must stop.

Fluoride Varnish helps stop decay.

If you want your child to be in the Fluoride Varnish Program, please call the dental team.

Northwest Interior Health Units

Vanderhoof
250-567-6900
250-569-2218
250-977-3263

Valmorton
250-969-8960
250-996-7178
250-692-2490

Mackenzie

Fraser Lake

Fort St. James

Burns Lake

Guesal

Prince George
250-955-7406

250-983-6810

No bottles of milk or juice in bed.

If using sippy cups, only use water.

Except at mealtimes.

Give healthy snacks, avoid snacking and snipping all day long.

Use fluoride toothpaste approved by the Canadian Dental Association. Look for their stamp of approval on the tube.

Brush your child’s teeth twice a day with a smear (about the size of a grain of rice) of fluoride toothpaste.

This means...
Once is not enough.
Early tooth decay (white spots).
Strengthen teeth and stop
Fluoride varnish helps

Severe Decay

Moderate Decay

Early Decay

Check your child's teeth

Does your child need Fluoride Varnish?

Healthy Baby Teeth

Application?

Fluoride Varnish

Is your child's teeth like any other
Your child's teeth are not cleaned
Water in it
Your child sleeps with a bottle
Your teeth have had cavities

Yes if...

You or your children have