

# Paint A Healthy Smile With Fluoride Varnish



## What is a cavity?

A cavity is a rotten part of the tooth



## What is Baby Bottle Decay?

It is severe decay found in very young children, caused by putting a child to bed with a bottle containing milk, juice, or any other sweetened drink.



Healthy Mouth



Baby Bottle Tooth Decay

## What does fluoride varnish do?

It strengthens the teeth by making them harder and more able to resist cavity causing bacteria.

## Will the fluoride varnish help reduce cavities and baby bottle decay?

Yes! Along with proper daily cleaning of the mouth and not putting your child to bed with a bottle!

## When can my child get the varnish?

As soon as baby teeth start to appear in the mouth.



## How often is the varnish needed?

At least 2 applications are needed per year to prevent cavities.

## How is it put on the teeth?

**Step 1** The teeth are dried

**Step 2** The varnish is painted on the teeth with a tiny brush



It takes just a few minutes!

The fluoride varnish remains on the teeth for a day,  
releasing fluoride onto the tooth surface  
making it more resistant to decay!

For more information please call

*Northwestern Health Unit*

or

1-800-830-5978

The Fluoride Varnish Program is  
partnered by



Kenora-Rainy River  
Dental Society



Health Canada  
Santé Canada



Northwestern  
Health Unit