

Start Early: Fluoride Varnish Program



Why do we recommend putting fluoride varnish on baby teeth?

Tooth decay also known as cavities is the most common chronic disease affecting children in Canada.

Fluoride varnish, along with regular oral care, can help to prevent and reduce early childhood cavities.

The communities within Thunder Bay District have a non-fluoridated water supply.

What does fluoride varnish do?

It strengthens the teeth by making them harder and more resistant to decay.

Will fluoride varnish help reduce cavities?

Yes! Along with regular oral care.



CHILDREN'S ORAL
HEALTH PROGRAM

Thunder Bay District
Health Unit

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When can my child start having fluoride varnish?

As soon as the baby teeth start to appear.

How often is fluoride varnish needed?

Fluoride varnish should be applied every four months or at least two times per year to help prevent decay.

The Health Unit provides no-cost fluoride varnish to all children. For more information about this service contact the Children's Oral Health Program at the number below.

How is fluoride varnish applied to teeth?

- Teeth are dried.
- Fluoride is painted on the teeth with a tiny brush.
- It is quick, easy and painless to apply, and does not have a bad taste.
- Fluoride varnish remains on the teeth for a day, releasing fluoride onto the tooth surface making it more resistant to decay.

Children's Oral Health Program
999 Balmoral St. Thunder Bay ON P7B 6E7
TBDHU.COM | Call 625-5984 or
1-888-294-6630 x5984

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