

*Give your child  
a healthy smile for life!*



Visit a dentist within  
6 months of the first  
tooth erupting, or by  
age 1, as recommended  
by the Canadian Dental  
Association.

Scan the QR code  
for a full list of  
service areas.



**To book an appointment, contact  
the dental program at your local  
community health centre.**

Cranbrook	Tel (250) 420-2200 T/F 1-888-426-7566
Kamloops	Tel (250) 851-7337 T/F 1-866-847-4372
Kelowna - Downtown	Tel (250) 469-7070 Ext 13301
Kelowna - Rutland & Winfield	Tel (250) 980-4825
West Kelowna	Tel (250) 980-5150
Kootenay Boundary Region	Tel (250) 505-7244
Penticton	Tel (250) 770-3434
Salmon Arm	Tel (250) 833-4100
Vernon	Tel (250) 549-5700 T/F 1-888-824-3393
Williams Lake	Tel (250) 302-5000 T/F 1-888-702-7771



Interior Health

## Lift the Lip Dental Program



For children under 4 years of age

## The “Lift the Lip” dental program is a cavity prevention program for parents/caregivers and their young children.

Sometimes, brushing your child’s teeth can be challenging.



Interior Health’s Dental Program can assist.



We are here to support you and your child achieve a lifetime of healthy smiles.

## At your child’s visit a Dental Professional can:

- Provide oral health tips on how to reduce the risk of developing cavities.
- Check and count your child’s teeth.
- Demonstrate effective toothbrushing and flossing.
- Apply fluoride varnish to help protect your child’s teeth.
- Discuss the importance of routine dentist visits.
- Provide take-home resources.



## Did you know fluoride varnish application can help prevent cavities?

**Q** *What is fluoride varnish?*

**A** It is a resin (tree sap) based fluoride gel. Studies show it can reduce cavities in children by 40 to 56%.

**Q** *How can fluoride varnish help my child’s teeth?*

**A** Fluoride varnish helps tooth enamel become stronger. If your child has the beginning stage of cavities (white spots), fluoride varnish can help stop those spots from becoming cavities.

**Q** *How is fluoride varnish applied?*

**A** The child is held in the laps of the parent and the dental professional. A small brush is used to “paint” the varnish on the teeth. A special office setting is not needed.

**Q** *Is fluoride varnish safe?*

**A** Yes, fluoride varnish is safe. The use of fluoride varnish is approved and recommended by Health Canada and The Canadian Dental Association.

**Q** *Are there any reasons my child should not have fluoride varnish?*

**A** Please let your dental health professional know if your child has any allergies or medical conditions.