

Facts about children and cavities



Children can develop cavities as early as one year of age. Children's cavities can progress quickly.

To book an appointment, call the number in your community

Chase	Tel	(250) 679-1393
Cranbrook	Tel	(250) 420-2200
	T/F	1-888-426-7566
Creston	Tel	(250) 428-3873
Kamloops	Tel	(250) 851-7300
	T/F	1-866-847-4372
Kelowna	Tel	(250) 469-7070
Kootenay Boundary Region	Tel	(250) 505-7244
Penticton	Tel	(250) 770-3434
Rutland	Tel	(250) 980-4825
Salmon Arm	Tel	(250) 833-4100
Vernon	Tel	(250) 549-5700
	T/F	1-888-824-3393
West Kelowna	Tel	(250) 980-5150
Williams Lake	Tel	(250) 302-5000
	T/F	1-888-702-7771

Appointment Information

Date

Time

Location



Interior Health

Lift the Lip Dental Program

Give your child a healthy smile for life!



For children up to 4 years of age

“Lift the Lip” is an early intervention dental program that can help parents prevent cavities in their young children.

Learn about

- what causes early childhood cavities
- how to prevent cavities

Together, we can make a difference



Dental professionals will

- assess your child’s risk of developing cavities
- check your child’s teeth for early signs of tooth decay
- apply fluoride varnish to help protect your child’s teeth
- discuss the first dental office visit

Learn tips on how to brush your child’s teeth



Fluoride varnish can help prevent cavities

Q *What is fluoride varnish?*

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

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

A Fluoride varnish helps prevent cavities by making tooth enamel stronger. If your child has the beginning stage of decay (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.