



Fluoride Varnish for Healthy Teeth

Please return a signed permission slip to use this free service.

Free fluoride varnish and dental screenings are offered at your child's school. A dental screening is a quick look inside your child's mouth to check the overall health of their teeth. Fluoride varnish is a protective coating brushed on the teeth.

For more information, please call us at 503-521-7166.

What you need to know:

- 🦷 Fluoride varnish is a safe and quick way to protect teeth from cavities
- 🦷 Fluoride varnish does not hurt
- 🦷 Screenings and fluoride varnish are done by dental care professionals

Keeping A Healthy Smile

- 🦷 Brush and floss every day
- 🦷 Use fluoride toothpaste the size of a grain of rice
- 🦷 Choose healthy snacks such as fruits and vegetables
- 🦷 Try drinking water over juice
- 🦷 Healthy baby teeth will help prevent problems in adult teeth
- 🦷 See a dentist at least once a year

