

# FLUORIDE TREATMENT:

## A Healthy Start To Your Child's Oral Health



### Do it right from the start

Baby teeth are small, but they play a big role. Without healthy baby teeth, your child could have trouble chewing, smiling and speaking clearly as an adult.

That's why caring for baby teeth and keeping them free from decay and cavities is so important.

### Your child's first tooth

Some babies have up to four teeth by their first birthday.

So, don't wait. Ask your child's doctor for an oral health risk assessment at every well-child visit. Once a tooth erupts, or grows in, ask about fluoride treatments.



### What's a fluoride treatment?

Fluoride is a natural mineral that helps prevent cavities by making the entire tooth surface more resistant to decay. Easy and pain-free, a fluoride treatment takes about five minutes or less to complete.

Your child's doctor or dentist applies a fluoride varnish, gel or foam onto your child's teeth. That's it. The fluoride helps prevent or slow down tooth decay.

### How often should it be done?

All children should have a fluoride treatment every six months. Children at high risk for dental cavities should have it done every three months.

If you don't have a dentist yet, call the Medi-Cal Dental program or scan the QR code.



### Medi-Cal Dental Program

Your Medi-Cal Dental program provides free or low-cost services, including:

#### For babies up to age 3:

- Dental exams
- Fluoride varnish

#### For kids ages 4-12:

- Dental exams
- X-rays
- Fluoride varnish
- Teeth cleaning
- Molar sealants
- And more...

For ages 13-20, the dentist may recommend more treatments like deeper cleanings or braces.



Call Today

### Medi-Cal Dental Customer Service

**1-800-322-6384**

Monday-Friday, 8am-5pm

TTY users should call

**1-800-735-2922**

or visit

**[www.smilecalifornia.org](http://www.smilecalifornia.org)**

### IEHP Member Services

**1-800-440-IEHP (4347)**

Monday-Friday, 7am-7pm

Saturday-Sunday, 8am-5pm

TTY users should call

**1-800-718-4347**

**IEHP**

Inland Empire Health Plan

[iehp.org](http://iehp.org)

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