

TAKE HOME MESSAGES

1. First Tooth, First Visit
2. Visit the dentist every 6 months or as recommended
3. Brush for 2 minutes, twice a day (2 min 2x)
4. Floss your teeth daily
5. Eat healthy foods
6. Limit sugary drinks & snacks
7. Avoid any tobacco products
8. Have fluoride varnish applied as soon as first tooth comes in and every 3-6 months or as recommended
9. Have dental sealants applied when molars (back teeth) come in or as recommended



For more information on oral health education, please contact the Operation Saving Smiles Program at 661-321-3000

KERN
COUNTY
PUBLIC HEALTH
www.kernpublichealth.com



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Operation Saving Smiles
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ORAL HEALTH PROGRAM



Operation
Saving Smiles

KERN
COUNTY
PUBLIC HEALTH

About the Program

Operation Saving Smiles (OSS) seeks to improve oral health of Kern County residents by providing preventative education and information about available resources to the community.

Services Provided

Oral Health Education and Nutrition Information to:

- Parents
- Teachers
- Community Members
- Students
- Daycare Providers

Referral for Fluoride Varnish Application:

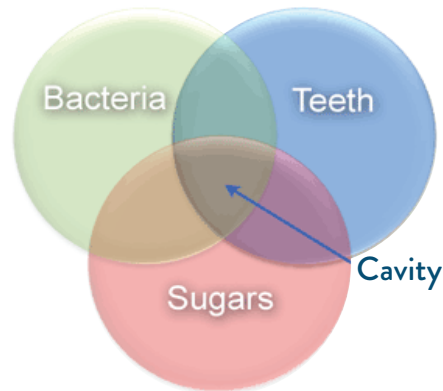
- Free
- At your home
- 1st Tooth Up to 5 years old

Help Finding a Dentist Who Accepts:

- Medi-Cal Dental*
- Private Insurance
- Sliding Scale Payment Plan

**Anyone enrolled in Medi-Cal automatically gets dental benefits. For more information, visit SmileCalifornia.org*

Tooth Decay



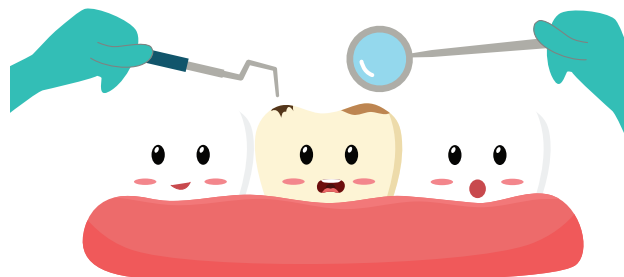
Tooth Decay - Cavities:

Caused by bacteria on teeth that breakdown food and produce acid that destroys tooth enamel.

Most common chronic disease in children.

It is 4 times more common than asthma.

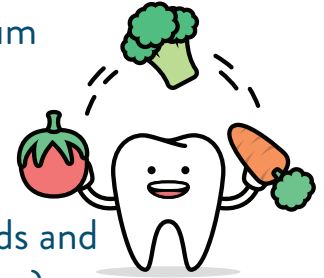
It is preventable!!



Good Oral Health

Healthy Foods, Drinks & Snacks:

Protein & calcium rich foods help keep teeth strong (i.e. lean meats, nuts, seeds and fluoridated water.)



Fluoride Varnish:

A mineral that can strengthen tooth enamel (outer coating on teeth). It is



applied on all surfaces of all teeth.

Dental Sealants:

They are thin plastic or glass protective coatings that are only applied to the chewing surfaces of the molars (back teeth) to prevent food residue from sticking in the grooves.

