

**Service Providers**

**Q: What types of dental programs are available through Alberta Health Services?**

**A:** Oral Health provides dental prevention and treatment programs through public health within Alberta Health Services. Dental Assistants, Dental Hygienists and Dentists provide the services. Prevention services are available at a variety of locations including community/public health centres, some community sites such as daycares and at selected elementary schools throughout the province. Treatment services are available at Dental Clinics located in Calgary.

**Q: What types of dental services are available?**

**A:** Oral Health provides services to prevent tooth decay for toddlers and school age children. These include:

- fluoride varnish treatments (toddlers and school age)
- dental sealants (school age)

Oral Health works with other health care professionals to improve oral health, for example seniors in care. In addition, Oral Health provides some reduced-fee dental treatments such as check-ups, X-rays, fluoride treatment, sealants, scaling, fillings, front tooth root canals, and extractions.

**Q: What does this cost?**

**A:** Prevention service is a free. There is a slight charge for dental treatment.

**Q: What do I have to do to get the fluoride protection for my toddler?**

**A:** You need to make an appointment at your local community/public health centre. You need to come with your toddler and be part of the appointment.

**Q: How do I know if my child's school provides AHS Oral Health Service?**

**A:** If your child's school receives AHS Oral Health Services, your child will bring home information about them at some time during the school year. There may also be information in your school's newsletter. You may contact Oral Health in your zone and ask if your child's school receives services, or ask at the school.

**Q: How do I get dental treatment?**

**A:** [22-Teeth](#) provides information for Alberta Health Services dental clinics that offer dental treatment at lower cost. There are eligibility criteria.

**Q: Why do I have to be eligible for service?**

**A:** Everyone deserves dental care but we know that it costs too much for some Alberta families. We want to provide prevention and treatment services where we know they will have the greatest impact for children and families to help improve their dental health. Dental research informs us that along with income other factors keep families from accessing care: for example education, being a single parent, culture, and language. We look for opportunities to connect with these families to provide service.

## Fluoride Protection for Toddlers Parent Questions

**Q: Aren't toddlers too young to have fluoride treatment?**

**A:** Tooth decay can start shortly after the first tooth comes into the mouth, so prevention needs to start right away too. The fluoride product we use for children is effective and safe for use.

**Q: I was told not to use fluoride toothpaste for my toddler - is this safer?**

**A:** Dental staff follow procedures for applying fluoride varnish to ensure it is safe for your child. The varnish hardens on the teeth so little is swallowed. You may ask the oral health staff for more information.

**Q: How do they put the fluoride on my toddlers's teeth?**

**A:** You hold your toddler and the oral health staff puts the fluoride on with a small disposable brush. The fluoride sticks to the teeth for the day and then you can brush the teeth. It keeps working on the teeth for a couple of months. It takes less than 1 minute to apply the fluoride.

**Q: My toddler doesn't have all their teeth. Should I come anyway?**

**A:** Yes, even if you can see only a couple of teeth you should still make an appointment. Once you start, you can have another fluoride treatment in 6 months. You can have 4 treatments in all.

**Q: Will they be able to tell me if my toddler has tooth decay?**

**A:** The oral staff will let you know if they see any obvious cavities or tooth decay. This is not a check-up. A dentist can check your child's teeth. We recommend a dentist check children's teeth by their first birthday.

**Q: How many fluoride treatments does my toddler get?**

**A:** Your child can have up to 4 visits to have the fluoride protection applied. Visits are spaced about 6 months apart

**Q: Will my child cry?**

**A:** Each child reacts differently but often children cry as they do with anything new and strange. The fluoride treatment doesn't hurt, but most toddler's cry to let you know they need to be comforted.

**Q: Can I feed my toddler afterwards?**

**A:** Yes, you can feed your child right away.

## Where to get Fluoride Varnish for Older Children

**Q: Can my older child have fluoride varnish?**

**A:** Older children benefit from fluoride treatments. Your dentist or dental hygienist's office can provide fluoride treatments. The Alberta Child Health Benefit for families with limited incomes

pays for dental care from dentists or dental hygienists in your community. Find out more about the [Alberta Child Health Benefit](#).

The Alberta Dental Association+ College online tool helps you [find a dentist](#) in your community.

The College of Registered Dental Hygienists of Alberta lists [dental hygienists](#) who have their own practices.

You can look in the yellow pages for the names of dentists and dental hygienists in your community.

**Q: Can the oral health staff fix my child's teeth if they have a cavity?**

**A.** [22-Teeth](#) provides information for Alberta Health Services dental clinics that offer dental treatment at lower cost. There are eligibility criteria.

### Help for Dental Care Costs

**Q: Where can I get help with dental costs?**

**A:** Families with limited income can apply to the Alberta **Child** Health Benefit or the Alberta **Adult** Health Benefit. Information is available as follows:

- [Alberta Child Health Benefit](#)
- [Alberta Adult Health Benefit](#)

[22-Teeth](#) provides information about dental services available to people with low-income.

If you receive income support, talk to your income support worker. There may be help for emergency dental treatment. Visit Alberta [Adult Health Benefit](#) for more information.

Purchase a health insurance plan for your family. For example Alberta Blue Cross offers different dental insurance plans. Search Alberta Blue Cross and [find a plan](#) best suited for you. <https://www.ab.bluecross.ca/findplan.html>

Check your benefits at work to see if you have a dental plan.

Ask your dental office if they have a payment plan.