CARIES RISK ASSESSMENT

RISK FACTORS
- Poor oral hygiene
- Prolonged nursing or breast feeding
- Diet high in sugar/refined carbohydrates
- Poor/irregular access to dental care
- Special health care needs
- Low socio-economic status
- Developmental defects
- Family members have cavities

RISK CATEGORIZATION
- High risk
  - No white spots or cavities
  - Presence of white spots or cavities
- Low risk
  - No white spots or cavities
  - Presence of at least one risk factor
- Moderate risk
  - Presence of white spots or cavities
  - Presence of multiple risk factors
  - Suboptimal fluoride exposure

FREQUENCY
- Low risk – none
- Moderate – 2 times per year
- High risk – 2-4 times per year

METHOD
- Use 0.25ml xylidine 5% NaF varnish
- Dry teeth and brush on
- Do not flush with saliva

INSTRUCTIONS
- Avoid hard foods and hot drinks for rest of day
- Avoid brushing until next morning
- Do not use multi-vitamins with fluoride as they all contain sugar
- Fluoride supplements are not prescribed

FLUORIDE VARNISH

ERUPTION CHART – Primary teeth

<table>
<thead>
<tr>
<th>Tooth Type</th>
<th>Erupt</th>
<th>Shed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Incisor</td>
<td>6-7 yrs</td>
<td>6-7 yrs</td>
</tr>
<tr>
<td>Lateral Incisor</td>
<td>6-7 yrs</td>
<td>6-7 yrs</td>
</tr>
<tr>
<td>Cuspid</td>
<td>10-11 yrs</td>
<td>10-11 yrs</td>
</tr>
<tr>
<td>First Molar</td>
<td>10-11 yrs</td>
<td>10-11 yrs</td>
</tr>
<tr>
<td>Second Molar</td>
<td>10-11 yrs</td>
<td>10-11 yrs</td>
</tr>
</tbody>
</table>

ERUPTION CHART – Permanent teeth

<table>
<thead>
<tr>
<th>Tooth Type</th>
<th>Erupt</th>
<th>Shed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Incisor</td>
<td>10-11 yrs</td>
<td>10-11 yrs</td>
</tr>
<tr>
<td>Lateral Incisor</td>
<td>10-11 yrs</td>
<td>10-11 yrs</td>
</tr>
<tr>
<td>Cuspid</td>
<td>10-11 yrs</td>
<td>10-11 yrs</td>
</tr>
<tr>
<td>First Molar</td>
<td>10-11 yrs</td>
<td>10-11 yrs</td>
</tr>
<tr>
<td>Second Molar</td>
<td>10-11 yrs</td>
<td>10-11 yrs</td>
</tr>
<tr>
<td>Third Molar</td>
<td>16-17 yrs</td>
<td>16-17 yrs</td>
</tr>
</tbody>
</table>

FLUORIDE VARNISH

- If low risk (see Risk Assessment), consider no supplementation
- If moderate or high risk assess for supplementation:
  1. If water varnish then test and prescribe accordingly
  2. If city water:
     a. If water supply company listed overleaf then NO supplementation necessary
     b. If water supply company not listed patient MUST contact water company to determine fluoride level in water. Accurate information may be difficult to obtain. In the case of doubt DO NOT PRESCRIBE fluoride supplements.

WELL WATER TESTING INFORMATION

Fluoride level in water

<table>
<thead>
<tr>
<th>Patient's age</th>
<th>Fluoride level in water</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 0.3 ppm</td>
<td>0.25 mg/litre</td>
</tr>
<tr>
<td>0.3-0.6 ppm</td>
<td>0.25 mg/litre</td>
</tr>
<tr>
<td>&gt; 0.6 ppm</td>
<td>0.50 mg/litre</td>
</tr>
</tbody>
</table>

FLUORIDE PRESCRIPTION EXAMPLES

Infant age 6 mos to 3 yrs in an area with <0.3 ppm:
- Fluoride 0.25mg/0.5ml solution; sugar free
- Give 0.5 ml/day
- Chew and swallow, do not give with milk or formula

Dispense 50 ml. Refill for 1 year

Child age 3-6 yrs in an area with <0.3 ppm:
- Fluoride 0.5mg/0.5ml chewable tab; sugar free
- Give 0.5 ml/day
- Chew and swallow, do not give with milk

Dispense 100 tabs. Refill for 1 year

FLUORIDE VARNISH

- Fluoride varnish sets in contact with saliva
- Do not use multi-vitamins with fluoride as they all contain sugar

WATER COMPANIES WITH OPTIMALLY FLUORIDATED WATER

Water companies listed below supply optimally fluoridated water. In either case, children receiving water from these companies SHOULD NOT BE PRESCRIBED fluoride supplements.

(See Appendix 2 for more information)

WATER COMPANIES WITH OPTIMALLY FLUORIDATED WATER

- Chemical or natural fluoride
- Water from public or private systems
- Water with a fluoride level of 0.7 ppm
- Water supplied to the following areas:
  - Farmington, CT 06030
  - UCONN Health Center

The Fluoride Service, Pediatric Dentistry, MC 1610

263 Farmington Ave.

If questions call:

Farmington, CT 06030-1610 860-679-2805

Prescribe fluoride supplementation according to results.

WATER COMPANIES WITH OPTIMALLY FLUORIDATED WATER

- Chemical or natural fluoride
- Water from public or private systems
- Water with a fluoride level of 0.7 ppm
- Water supplied to the following areas:
  - Farmington, CT 06030
  - UCONN Health Center

The Fluoride Service, Pediatric Dentistry, MC 1610

263 Farmington Ave.

If questions call:

Farmington, CT 06030-1610 860-679-2805

Prescribe fluoride supplementation according to results.

WATER COMPANIES WITH OPTIMALLY FLUORIDATED WATER

- Chemical or natural fluoride
- Water from public or private systems
- Water with a fluoride level of 0.7 ppm
- Water supplied to the following areas:
  - Farmington, CT 06030
  - UCONN Health Center

The Fluoride Service, Pediatric Dentistry, MC 1610

263 Farmington Ave.

If questions call:

Farmington, CT 06030-1610 860-679-2805

Prescribe fluoride supplementation according to results.

WATER COMPANIES WITH OPTIMALLY FLUORIDATED WATER

- Chemical or natural fluoride
- Water from public or private systems
- Water with a fluoride level of 0.7 ppm
- Water supplied to the following areas:
  - Farmington, CT 06030
  - UCONN Health Center

The Fluoride Service, Pediatric Dentistry, MC 1610

263 Farmington Ave.

If questions call:

Farmington, CT 06030-1610 860-679-2805

Prescribe fluoride supplementation according to results.

WATER COMPANIES WITH OPTIMALLY FLUORIDATED WATER

- Chemical or natural fluoride
- Water from public or private systems
- Water with a fluoride level of 0.7 ppm
- Water supplied to the following areas:
  - Farmington, CT 06030
  - UCONN Health Center

The Fluoride Service, Pediatric Dentistry, MC 1610

263 Farmington Ave.

If questions call:

Farmington, CT 06030-1610 860-679-2805

Prescribe fluoride supplementation according to results.
**INFANT ORAL HEALTH**

**FAST FACTS - 3rd edition**

**http://oralhealth.uchc.edu**

Joanna Douglas DDS DDS, Alan Douglas MD, Hugh Silk MD
University of Connecticut School of Medicine and Dental Medicine

**DENTAL TOPICS: WELL CHILD CARE VISITS**

6 months:
- **Diet:** Infant feeding (no bottle propping)
- 4 months:
  - Fluoride: Assess need for fluoride supplementation
  - Caries risk assessment
  - **Diet:** Infant feeding (no bottle propping, no bottle to bed)
- 6-9 months:
  - Fluoride: Prescribe systemic fluoride if needed
  - **Diet:** Intro. cup; remove bottle by 1 yr.; no ad lib bottle or bottle to bed
  - Oral hygiene: Start brushing as teeth erupt; for mod/high risk kids use smear of fluoride toothpaste
  - Dental screening: assess caries, defects, oral hygiene
  - Fluoride varnish if moderate or high risk

12+ months:
- Ensure regular dental visits from age one year
- **Fluoride:** Prescribe systemic fluoride if needed
- **Diet:** Limited sugar-free snacks & drinks; no bottles; no ad lib sippy cups
- Oral hygiene: parental supervision, fluoride toothpaste
- Dental screening: assess caries, defects, oral hygiene
- Fluoride varnish if moderate or high risk

**DIET**
- Hold infant when feeding
- No bottle propping or bottle to bed
- No ad lib bottles or sippy cups
- Only breast milk/formula in bottle
- Limited number sugar-free snacks
  - e.g. fresh fruit/veg, plain cheerios, cheese, crackers
- Only plain milk or water between meals