

**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**

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

**FLOURIDE VARNISH**

**FREQUENCY**

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

**METHOD**

- Use 0.25ml unidose 5% NaF varnish
- Dry teeth and brush on
- Varnish sets in contact with saliva

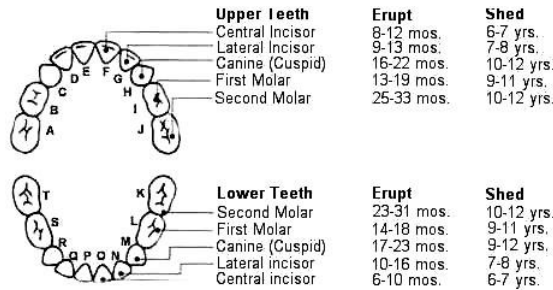
**INSTRUCTIONS**

- Avoid hard foods and hot drinks for rest of day
- Do not brush teeth until next morning

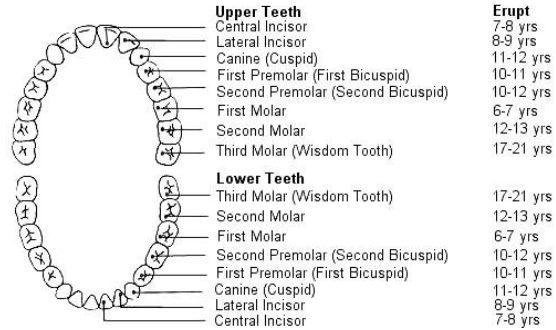
**BILLING**

- Trained providers may bill D0145 and D1206 on the CMS 1500 form for Medicaid patients
- Visit must include oral evaluation, diet/oral hygiene counseling, fluoride varnish, dental referral if needed.

**ERUPTION CHART – Primary teeth**



**ERUPTION CHART – Permanent teeth**



**FLUORIDE SUPPLEMENTATION**

- If **low risk** (see Risk Assessment), consider no supplementation.
- If **moderate** or **high** risk assess for supplementation:
  1. If **well water** 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**

Send check/money order for \$20 (to “UCONN Hlth Ctr”) Include requester’s address & phone # on check:  
 The Fluoride Service, Pediatric Dentistry, MC 1610  
 UCONN Health Center  
 263 Farmington Ave. Farmington, CT 06030-1610  
 If questions call: 860-679-2805

Prescribe fluoride supplementation according to results.

**FLUORIDE SUPPLEMENTATION DOSAGES**

Patient’s age	Level of fluoride found in water		
	< 0.3ppm	0.3-0.6ppm	>0.6ppm
0-6 mths	0	0	0
6 mths – 3 yrs	0.25mg	0	0
3 yrs - 6 yrs	0.50mg	0.25mg	0
6 yrs – 16 yrs	1.00mg	0.50mg	0

**FLUORIDE PRESCRIPTION EXAMPLES**

**Infant age 6 mths to 3 yrs in an area with <0.3ppm:**

Fluoride 0.25mg/0.5ml solution; sugar free  
 Give 0.5 ml daily  
 Swish 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 <0.3ppm:**

Fluoride 0.5 mg chewable tab; sugar free  
 1 tab daily  
 Chew and swallow, do not give with milk  
 Dispense 100 tabs. Refill for 1 year

**Always specify “sugar free” and 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 OR provide variably fluoridated water. In either case, children receiving water from these companies SHOULD NOT BE PRESCRIBED fluoride supplements.  
 (Accurate 4/07 –subject to change)

- |              |  |
|--------------|--|
| Ansonia      | Birmingham Utilities                             |
| Ashford      | Woodlawn Apartments, Llc (natural F)             |
| Beacon Falls | AWC-Valley System (variable F)                   |
|              | CTWC, Naugatuck Region                           |
| Berlin       | Berlin Water Control Com.                        |
|              | Kensington Fire District                         |
|              | Meriden Water Division                           |
|              | New Britain Water Dept                           |
|              | Worthington Fire District                        |
| Bethany      | S.C.C.R.W.A.                                     |
| Bloomfield   | M.D.C.   |
| Bolton       | CTWC, Llynwood System                            |
| Bozrah       | Norwich Water Dept                               |
| Branford     | S.C.C.R.W.A.                                     |
| Bridgeport   | AWC-Main System                                  |
| Bristol      | Bristol Water Dept                               |
|              | Valley Water System                              |
| Brookfield   | Brookfield Hills Condo Unit Owners (natural F)   |
|              | Lake Lillinonah Shores Condos (natural F)        |
| Burlington   | Bristol Water Dept                               |
| Cheshire     | Meriden Water Dept                               |
|              | S.C.C.R.W.A                                      |
|              | Southington Water Dept                           |
| Chester      | Aaron Manor Nursing/Rehab Ctr (natural F)        |
| Clinton      | CTWC, Shoreline Region, Guilford                 |
| Colchester   | Colchester Commons (variable F)                  |
| Columbia     | Dartmouth Village Elderly Housing (natural F)    |
| Coventry     | CTWC, Lakewood System                            |
|              | CTWC-Northern Region-Lakewood (natural F)        |
|              | CTWC-Northern Reg-Nathan Hale Sys (natural F)    |
|              | Birmingham Util-General Water Div (natural F)    |
|              | Coventry Housing Authority-Upper Sys (natural F) |
| Cromwell     | Cromwell Fire District                           |
|              | M.D.C.   |
| Danbury      | Danbury Water Dept                               |

Darien AWC-Noroton District  
 Derby Birmingham Utilities  
 WPCA, City of Derby (variable F)  
 East Granby M.D.C.  
 Metacomet Homes-Well 1 (natural F)  
 East Hartford M.D.C.  
 East Haven S.C.C.R.W.A.  
 East Lyme East Lyme Water Com.  
 East Windsor CTWC Northern Region, Western  
 Easton AWC-Main System  
 Ellington CTWC Northern Region, Western  
 Enfield CTWC Northern Region, Western  
 Fairfield AWC-Main System  
 Farmington E. Farmington Water Supply (variable F)  
 M.D.C.  
 New Britain Water Dept  
 Unionville Water Co.(variable F)  
 Valley Water System  
 Glastonbury Manchester Water Dept  
 M.D.C.  
 Greenwich AWC-Greenwich District  
 Groton Groton Water Dept  
 AWC-Mystic Valley District  
 Noank Fire District (variable F)  
 Colonial Apartments (natural F)  
 Guilford CTWC Shoreline Region  
 Hamden S.C.C.R.W.A.  
 Hartford M.D.C.  
 Hebron Hillside Condominiums (natural F)  
 Wellswood Estates Foundation (natural F)  
 Kent Kent School Corp (Valley Campus) (natural F)  
 Kent School (Maintenance Well) (natural F)  
 Lebanon Norwich Water Dept  
 Lisbon Norwich Water Dept  
 Litchfield AWC (variable F)  
 Madison CTWC Shoreline Region, Guilford  
 Manchester Manchester Water Dept  
 M.D.C.  
 Mansfield Windham Water Works  
 University of Connecticut  
 Birmingham Util-Crystal Springs Div. (natural F)  
 Marlborough Laurel Hill Water Association (natural F)  
 Birmingham Util-Sachem Village Condo (natural F)  
 Meriden Meriden Water Dept

Middlebury CTWC Naugatuck Region, Central  
 Middletown Connecticut Valley Hospital  
 Meriden Water Division  
 Middletown Water Dept  
 Milford S.C.C.R.W.A.  
 Monroe AWC-Main System  
 Montville New London Water Dept  
 Norwich Water Dept  
 St. Thomas More School (natural F)  
 Stony Brook Mobile Home Park (variable F)  
 Naugatuck CTWC Naugatuck Region, Central  
 New Britain New Britain Water Dept  
 New Canaan AWC-New Canaan System (variable F)  
 Norwalk 1st Taxing District  
 S.C.C.R.W.A.  
 New Haven S.C.C.R.W.A.  
 New London New London Water Dept  
 Newington M.D.C.  
 New Britain Water Dept  
 Olmstead Water Supply Co (variable F)  
 Newtown S.C.C.R.W.A.  
 North Branford S.C.C.R.W.A.  
 North Haven S.C.C.R.W.A.  
 Groton Water Dept  
 AWC-Noroton District  
 Norwalk 1st Taxing District  
 Norwalk 2nd Taxing District  
 Norwich Norwich Water Dept  
 Old Saybrook CTWC Shoreline Region, Guilford  
 Orange S.C.C.R.W.A.  
 Oxford AWC-Hawkstone System (variable F)  
 AWC-Valley System (variable F)  
 Plainville New Britain Water Dept  
 Valley Water System  
 Portland Portland Water Dept. (variable F)  
 Preston Norwich Water Dept.  
 Redding AWC-Main System  
 Ridgefield AWC-Barnum Place (variable F)  
 AWC-McKeon System (variable F)  
 AWC-Ridgefield System (variable F)  
 Rocky Hill M.D.C.  
 Seymour AWC-Valley System (variable F)  
 Birmingham Utilities  
 Shelton AWC-Main System  
 South Windsor CWTC, Northern Region, Western  
 Manchester Water Dept  
 M.D.C.

Burnham Acres Association, Inc (natural F)  
 Southington Meriden Water Dept  
 Southington Water Dept  
 Valley Water System  
 Stamford AWC-New Canaan System  
 AWC-Stamford System  
 Stonington AWC-Mystic System  
 Stratford AWC-Main System  
 Suffield CTWC Northern Region, Western  
 Thomaston CTWC, Thomaston  
 Tolland CTWC Northern Region, Western  
 Torrington City of Torrington Water Supply (variable F)  
 Torrington Water Company  
 Trumbull AWC-Main System  
 Vernon CTWC Northern Region, Western  
 Manchester Water Dept  
 Wallingford Meriden Water Dept  
 Wallingford Water Dept  
 Waterbury CTWC Naugatuck Region, Central  
 Waterbury Water Dept  
 Waterford Waterford WPCA (variable F)  
 New London Water Dept  
 Watertown Watertown Fire Dist. (variable F)  
 Watertown Water/ Sewer Auth.  
 West Hartford M.D.C.  
 West Haven S.C.C.R.W.A.  
 Westbrook CTWC Shoreline Region, Guilford  
 Weston AWC-Main System  
 Westport AWC-Main System  
 Wethersfield M.D.C.  
 Wilton AWC-Main System  
 Norwalk 2nd Taxing District  
 Windham Windham Water Works  
 Wyndham Park Apartments (natural F)  
 Windsor M.D.C.  
 Windsor Locks CTWC, Northern Region, Western  
 Winsted Winsted Water Dept  
 Wolcott Wolcott Water Dept. (variable F)  
 Woodbridge S.C.C.R.W.A.

**3<sup>rd</sup> edition- released June 2007**  
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## INFANT ORAL HEALTH FAST FACTS - 3<sup>rd</sup> edition

<http://oralhealth.uchc.edu>

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### DENTAL TOPICS: WELL CHILD CARE VISITS

- 0-2 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