

Mouth Matters

Integrating Oral Health into Medical Care



Oral Health Delivery in 3 Simple Steps

<p>1 Screen & Assess Risk</p>	<p>Position the Child</p>	<ul style="list-style-type: none"> • Infant: knee-to-knee position. • Older child: position child on exam table, work from above head. • Have child tilt head back (chin to ceiling); “lift the lip”.
	<p>Ask</p>	<ul style="list-style-type: none"> • Has child or child’s sibling(s) ever had cavities or fillings? • Has mother (or primary care giver) had cavities in the past year? • Frequent sugar/carbohydrate snacks, use of bottle/sippy cup? • Does not brush teeth 2x day with fluoridated tooth paste? • Does not drink fluoridated water regularly?
	<p>Look</p>	<ul style="list-style-type: none"> • Early signs of decay: white spot or line lesions, along the gum line? • Moderate to severe signs of decay: brown spots or holes in teeth (check both sides of front teeth)? • Dental abscess, redness or swelling of gums, plaque accumulation?
	<p>Refer</p>	<ul style="list-style-type: none"> • Refer to dentist if: <ul style="list-style-type: none"> • Yes to any question above. • No dental visit in last year if over age 2. • Enrolled in Head Start (see ABCD list for referral help).
<p>2 Educate</p>	<ul style="list-style-type: none"> • Begin to clean/brush teeth with a smear of fluoridated toothpaste twice a day, at first tooth and pea-sized amount 3 years or older. • Focus on gumline. • If using a bottle at bedtime only put water in it. • Choose healthy snacks: fruits, vegetables, meats, nuts, cheese. • Limit sugary, starchy, sticky food and drinks. • Children 7 or older recommend sealants. 	
<p>3 Apply Fluoride Varnish</p>	<ul style="list-style-type: none"> • Position child. • Dry teeth with gauze (if possible). • Apply varnish to all tooth surfaces; once applied it sets quickly. <ul style="list-style-type: none"> • Eat soft, non-abrasive diet rest of day. • Skip brushing or flossing until next morning. 	