






Caries Preventive Treatment Planning

Risk Category (CRA #)	Adequate saliva	Reduced salivary flow
Low (0-2)	<ul style="list-style-type: none"> Brush 2-3 x per day with 1000 ppm toothpaste (<u>pts > 6 yrs</u>) Advise "Spit, don't rinse" Diet: Advise to keep simple carbs to less than 3-5 per day 	<ul style="list-style-type: none"> Brush 2-3 x per day with 1000 ppm toothpaste (<u>pts > 6 yrs</u>) Advise "Spit, don't rinse" Diet: Advise to keep simple carbs to less than 3-5 per day
 Mod (3-9)	<p>To Low Risk items add:</p> <ul style="list-style-type: none"> Analyze diet for current sources of simple carbs; advise substitutions Bedtime: Rinse with 0.05% Na F OTC rinse (ACT) Office F varnish q 6 months 	<ul style="list-style-type: none"> Recommend xylitol or other sugarless gums, mint, candy Recommend xylitol and green tea catechin products: <u>MighTeaFlow</u> gum, mint, spray, or rinse
 High (10+)	<p>Add Moderate Risk items, except substitute:</p> <ul style="list-style-type: none"> Office F varnish q 3 months Bedtime- 5000 ppm F toothpaste (any type) Advise "Spit, don't rinse" 	<ul style="list-style-type: none"> Bedtime: Brush with 5000 ppm F toothpaste with additional Ca and P. Listed under "Toothpaste" in axiUm Medication list. Consider Rx salivary meds: <u>pilocarpine</u> or <u>civemiline</u>
 Extremely High Risk JK Mitchell, DDS, MEd	<p>High risk patients with salivary hypofunction: History of radiation, Sjogren's disease, meth use, or Chemo with significant salivary gland damage. Follow High risk, except add:</p> <p>Does not apply</p>	<ul style="list-style-type: none"> pH neutralization: sip 2 tsp Na bicarb in <u>8 oz</u> water and/or arginine chews (Basic Bites™) Ca <u>Ph</u> supplement: MI Paste

