

# EVIDENCE-BASED CARIES RISK MANAGEMENT FROM AN EARLY STAGE – IN 3 STEPS\*



**Step 1** **In-office caries risk assessment**

*From the list below, identify general and intra oral caries risk factors in your patient. Once you have identified the factors, classify them in the right-hand table using the same row.*

Head and neck radiation  
 Hypo-salivation / gross indicators of dry mouth  
 PUFA (exposed pulp, ulceration, fistula, abscess) – dental sepsis

Dry mouth  
 Inadequate oral hygiene  
 Deficient exposure to topical fluoride  
 High frequency / intake of sugary drinks / snacks  
 Symptomatic-driven dental attendance  
 Socio-economic status / health access barriers  
 For children: high incidence of caries in mothers or caregivers  
 Thick plaque: evidence of sticky biofilm in plaque stagnation areas  
 Appliances, restorations and other causes of increased biofilm retention  
 Exposed root surfaces

Lack of any caries risk factor

**Step 2** **Classification of active caries lesions**

*Select the appropriate caries stage of your patient.*

Active moderate or extensive caries lesions	Active initial caries lesions	No active caries lesions
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*Based on steps 1 and 2, select the likelihood.*

High likelihood	High likelihood	Moderate likelihood
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High likelihood	Moderate likelihood	Low likelihood
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Moderate likelihood	Moderate likelihood	Low likelihood
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\* Adapted from ICCMS™ Guide for Practitioners and Educators, December 2014, Nigel B. Pitts, Amid I. Ismail, Stefania Martignon, Kim Ekstrand, Gail V. A. Douglas, Christopher Longbottom.

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**Step 3**

## Managing the patient's risk factors

	 <b>LOW LIKELIHOOD</b>	 <b>MODERATE LIKELIHOOD</b>	 <b>HIGH LIKELIHOOD</b>	<b>HOW COLGATE® CARES</b>
<b>PATIENT CARE</b>	<ul style="list-style-type: none"> <li>Brush teeth 2x per day with 1000-1450 ppm fluoride toothpaste (Use 500ppm fluoride if under 6 years old)</li> <li>Floss daily</li> </ul>	<ul style="list-style-type: none"> <li>Brush teeth 2-3x per day with a high fluoride toothpaste (5000 ppm fluoride)**</li> <li>Brush teeth with 1000 – 1450 ppm fluoride paste 2-3x per day if under 10 years</li> <li>Use a fluoridated mouthrinse at a time separate to brushing (≥150 ppm fluoride)</li> <li>Improve oral health behaviour</li> <li>Interdental cleaning daily</li> </ul>		 <p>Neutrafluor 5000 Plus Toothpaste*** Contains Sodium Fluoride 11.05mg/g Indications: Dental caries preventative for individuals at high risk for caries, when used as part of a preventative regimen recommended by a dental professional or doctor.</p>
<b>DENTAL TEAM CARE</b>	Motivational engagement (discuss with patients how to improve oral health behaviour)			
	Visit interval 12 – 24 months	<ul style="list-style-type: none"> <li>Diet counselling on reducing sugar intake and/or frequency of snacking</li> <li>Discuss current medication situation/hypo-salivation management techniques</li> <li>Discuss use of recreational drugs</li> <li>Sealants</li> <li>Fluoride gels or solutions</li> </ul>		 <p>Duraphat Varnish Contains: Sodium Fluoride 5mg/mL Indications: Prevention of caries. Treatment of sensitive teeth.</p>
		<ul style="list-style-type: none"> <li>Visit interval 6 months</li> <li>Fluoride varnish 2x per year</li> </ul>	<ul style="list-style-type: none"> <li>Visit interval 3 months</li> <li>Fluoride varnish 4x per year</li> </ul>	

\* Adapted from ICCMS™ Guide for Practitioners and Educators, December 2014, Nigel B. Pitts, Amid I. Ismail, Stefania Martignon, Kim Ekstrand, Gail V. A. Douglas, Christopher Longbottom. \*\* Patients 10 years and older.

\*\*\*Directions for use: Adults and children 10 years and older: apply a thin ribbon of Neutrafluor 5000 Plus to soft, small headed toothbrush. Brush teeth thoroughly for 2 minutes. After use, spit out excess toothpaste and refrain from eating/rinking or rinsing for 30 minutes. Always review the Full Product Information before recommending. Available from Colgate-Palmolive . Colgate Palmolive Pty Ltd. 345 George St Sydney NSW 2000

