



Evidence based caries risk management

STEP 1

Caries risk factors

Identify caries risk factors for your patient from the list below.

Combine these risk factors with your patient's current caries status in STEP TWO to identify their caries risk.

- ☐ 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

Identify your patients current caries status. Based on Step 1 and Step 2, select the likelihood:

☐ Active moderate or extensive caries lesions

☐ Active initial caries lesions

☐ No active caries lesions

High likelihood

High likelihood

Moderate likelihood

High likelihood

Moderate likelihood

Low likelihood

Moderate likelihood

Moderate likelihood

Low likelihood

STEP 3

Managing the patient's risk factors

Patient home care

Dental team care

Low likelihood

- Brush teeth 2x per day with 1000-1500 ppm fluoride toothpaste
- Floss daily

- Visit interval 12 – 24 months

Moderate likelihood

- Brush teeth 2-3x per day with a high fluoride toothpaste if 10 years and over (5000 ppm fluoride)
- Brush teeth with 1000-1500 ppm fluoride toothpaste 2-3x per day if under 10 years of age
- Use a fluoride mouthrinse at a time separate to brushing (≥ 150 ppm fluoride F)
- Improve oral health behaviour
- Interdental cleaning

- Diet counselling on reducing sugar intake and/or frequency of snacking
- Discuss current medication situation/hypo-salivation management techniques
- Discuss use of recreational drugs
- Sealants
- Fluoride gels or solutions
- Visit interval 6 months
- Fluoride varnish 2x per year

High likelihood

- Brush teeth 2-3x per day with a high fluoride toothpaste if 10 years and over (5000 ppm fluoride)
- Brush teeth with 1000-1500 ppm fluoride toothpaste 2-3x per day if under 10 years of age
- Use a fluoride mouthrinse at a time separate to brushing (≥ 150 ppm fluoride F)
- Improve oral health behaviour
- Interdental cleaning

- Diet counselling on reducing sugar intake and/or frequency of snacking
- Discuss current medication situation/hypo-salivation management techniques
- Discuss use of recreational drugs
- Sealants
- Fluoride gels or solutions
- Visit interval 3 months
- Fluoride varnish 4x per year