

## Dental Recommendations to Improve Oral Health (>10 years old)

### Risk Factors Affecting Oral Health

- High cavity rate
- High amount of plaque on teeth
- Not flossing
- >3 in-between meal sugar-containing snacks or beverages per day



### Interventions

#### Fluoride

- Professional topical fluoride treatment every three/six months
- Twice daily brushing with OTC fluoridated toothpaste/high fluoride toothpaste
- Use a regular-sized amount of fluoride toothpaste
- Mouthwash with fluoride once or twice a day



#### Diet

- Choose a diet with plenty of vegetables, fruits, and whole grains, and low in fat, saturated (especially trans-saturated) fat, and cholesterol
- Avoid drinking any juice, soda, energy drinks, or any sugar-containing beverage
- Reduce frequency of snacking to set “snack” times, no more than three times a day
- Healthy snack suggestions are cheese, vegetables, and yogurt
- No gummy, sticky foods or candies

#### Oral Hygiene Recommendations

- Toothbrush (2x/day), floss (1x/day), and mouthwash (1x/day)
- Brush for 2 minutes after breakfast and before bed
- Random plaque checks with disclosing tablets to monitor quality of oral hygiene

#### Other Important Recommendations

- Sealants