

MMSO Caries Management Program- Part 2

Preventive Recommendations for _____

- _____ Due to your high caries (cavity) rate, you should receive a 4 minute sodium fluoride treatment at each clinical visit. You should also have your level of compliance with oral hygiene checked as well. It is of utmost importance that you maintain your oral health in order to maintain your military readiness.
- _____ Etiology of caries discussed- Plaque on the surface of the tooth contains bacteria that produce acid when exposed to carbohydrates. This acid then attacks the tooth (enamel and dentin) in a process called demineralization. If this process is allowed to continue day after day a hole is dissolved in the tooth that we then call a "cavity". If the process of demineralization is stopped before a cavity is formed, it may be possible to avoid needing a filling to restore the tooth.
- _____ Reduce snacking between meals, especially sugary foods. Sugary foods are harmful because the bacteria can digest sugars very quickly and produce a concentrated acid. Other carbohydrates (potatoes, bread, pasta, chips) can also lead to tooth decay. Keep in mind the frequency of eating is much more important than the total amount of sugar consumed. Teeth receive an acid attack of about 20 minutes each time they come in contact with carbohydrates, so try to keep the frequency of carbohydrate intake to a minimum.
- _____ Carbonated soft drinks. All carbonated soft drinks contain acid. Most "regular" soft drinks also contain refined sugars. Both of these ingredients are detrimental to your teeth. Diet drinks do not contain sugar but because of the acid they can be just as harmful as regular soft drinks. If citric acid is added the total acid concentration is even more damaging.
- _____ Brush 2-3 times per day with a fluoride-containing toothpaste. Fluoride combines with enamel and dentin and makes it more difficult for acid to damage your teeth. It can also remineralize a tooth surface that has not yet developed into a cavity.
- _____ Floss daily. Remember, only floss the teeth you want to keep!.
- _____ Rinse daily at bedtime with a fluoride mouthwash.
- _____ Chew xylitol gum or sugarless gum, 2 pieces, 3 times a day for at least 5 minutes each time. Chewing gum stimulates saliva production that can help to buffer acids produced by bacteria.
- _____ At bedtime, brush, floss, and rinse; then apply a 5,000 parts per million sodium fluoride gel (this can be obtained by prescription from your dentist) to teeth using a toothbrush at bedtime. Apply a pea-size amount to your brush, brush for one minute, spit out excess, and do not rinse, eat or drink. Since tooth decay occurs at night, this protective barrier of fluoride will help protect your teeth from the tooth decay that occurs at night while you sleep.
- _____ If prescribed by your dentist, rinse with ½ ounce chlorhexidine gluconate mouth rinse for 30 seconds once a day for 2 weeks. Wait at least 30 minutes after brushing your teeth to use the rinse because toothpaste can inactivate the antibacterial properties. Do not eat or drink for one hour after rinsing.
- _____ As a military member, you are required to have a dental examination every 12 months. This examination should include a thorough dental examination, an oral cancer screening examination, a cleaning of dental surfaces, and a professional 4 minute sodium fluoride tray application..

Statement of Understanding

I fully understand everything that has been explained to me and agree to follow the caries management program along with maintaining all dental appointments.

Patient Signature _____ Date _____

Doctor Signature _____ Date _____