

3 Simple Steps: Delivering Oral Health Services During Well-Child Visits

1. Oral Health Screening and Risk Assessment – target children from birth-5 years

Oral Health Screening

- Position the child
 - Infant: knee-to-knee position
 - Older child: position the child on an exam table and work from above the head
- Lift the lip and look in the mouth for:
 - Early signs of decay—white spot or line lesions, along the gum line
 - Brown spots on teeth
 - Signs of moderate to severe dental decay where portions of the teeth are decayed
 - Signs of a dental abscess



Risk Assessment

- Key factors that determine risk:
 - Are decay or white spot lesions visible?
 - Has child ever had any cavities or fillings?
 - Has mother (or primary care giver) had cavities or fillings in the past year?
 - Have any of the child's brothers/sisters ever had cavities or fillings?
- Determine if child is at risk and would benefit from fluoride varnish application
- Refer child to dentist, as necessary

2. Application of Fluoride Varnish

Apply the Varnish

- Dry teeth with gauze (if possible)
- Apply fluoride varnish to all surfaces of the teeth
- Once applied, the varnish sets quickly

Instruct the Parent

- Eat a soft, non-abrasive diet for the rest of the day
- Do not brush or floss until the next morning
- The teeth may be yellow and not shiny until the next day
- Give the parent tear-off directions for after-care treatment



3. Deliver Anticipatory Guidance to Families

"Lift the Lip" Training

- Show the family how to examine the child using the lap position. Ask if they feel comfortable doing this once per month.

Encourage Families to

- Begin cleaning and brushing teeth every day, as soon as the first tooth appears.
- Choose healthy snacks such as fruits, vegetables and cheese; limit snacks that are sugary, starchy or sticky.
- Avoid "grazing" – snacking or sipping sweet liquids throughout the day.



Samples of educational materials are available free of charge from WDS Foundation by emailing foundation@deltadentalwa.com