

## ORAL HEALTH IN PRIMARY CARE



### THE 2GEN APPROACH TO ORAL HYGIENE

*Two-Generation (2Gen) approaches build family well-being by intentionally and simultaneously working together with children and the adults in their lives. FrameWorks Institute 2019*

### YOUR MESSAGE TO CAREGIVER:

## BRUSH FOR TWO.

### ANTICIPATORY GUIDANCE **INFANT**

- Continue breastfeeding as foods are introduced for 1 year or longer.
- Discourage putting a child to bed with a bottle. Wean from a bottle by 1 year of age. If still using bottle at bedtime, only use water.
- Okay to offer a pacifier at naptime and bedtime because of a protective effect of pacifiers on the incidence of Sudden Infant Death Syndrome (pacifier use should be avoided until breastfeeding is established).
- Avoid sharing with their child items that have been in their own mouths.
- Infants without teeth should have their mouths cleaned after feedings with a wet, soft washcloth.
- Start brushing infant's teeth when the first tooth erupts. Use a small smear, about the size of a grain of rice, of fluoridated toothpaste until age 3.

### ANTICIPATORY GUIDANCE **TODDLER**

- The child's teeth should be brushed twice per day as soon as the teeth erupt.
  - A small smear, about the size of a grain of rice, of fluoridated toothpaste should be used until age 3.
  - A pea-sized amount of fluoridated toothpaste should be used from age 3 to 6.
- Help supervise a child brushing his or her teeth. Parents should dispense the appropriate amount of toothpaste and help children brush until age 6 to 8 (when the child is able to clean the teeth well without assistance.)
- Start flossing a child's teeth as soon as the child has two teeth that touch.
- Limit sugary foods and drinks to mealtimes. Encourage children to drink only water between meals, preferably fluoridated tap water.
- Recommend that a dental home be established after the first tooth erupts, but no later than the first birthday.



### ORAL HEALTH ASSESSMENT

- Lift the lip to inspect soft tissue and teeth
- Assess for:
  - Presence of plaque
  - Presence of white spots or dental decay
  - Presence of tooth defects (enamel)
  - Presence of dental crowding
- Provide education on brushing and diet during examination



### FLOURIDE VARNISH IN PRIMARY CARE

- 5% sodium fluoride or 2.26% fluoride in a viscous resinous base in an alcoholic suspension with flavoring agent (eg, bubble gum)
- No special equipment
- Not associated with fluorosis
- Safe, effective, well tolerated



### BENEFITS:

- Reduces caries, an infection initiated by cariogenic bacteria (*Streptococcus Mutans*), by 25-45%
- Effective on white lesions



For more information, please visit:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>