

## Caries Management By Risk Assessment Home Care Regimen for Patients with High Decay Rate

According to the CAMBRA program, a patient who has been placed in the high-risk category shows not only frequent occurrence of cavities but also a current cavity or cavities upon oral examination by Dr. Yap or Dr. Chen. In order to control the possibility of cavities recurring in the future the following regimen should be followed at home.

- Try to **limit sugar intake** in the form of sugary drinks (soda, juices) and candies. If possible, brush teeth after eating these foods. If brushing is not possible try to swish with water or “ACT” rinse.
- **Brush** at least 2x/day with Prevident 5000 toothpaste (1.1% fluoride toothpaste)
  - Try not to rinse your mouth out for at least 30 minutes after brushing
- **Rinse** with ParoEx (0.12% Chlorhexidine Gluconate – brown bottle)
  - 10mL (about a mouthful) 1x/day for 1 minute for 1 week out of the month
  - **\*Rinsing with ParoEx and brushing with Prevident 5000 should be separated by 1 hour**
- On the other three weeks of the month, **rinse** with 0.05% fluoride “ACT “ rinse -
  - 2x/day for 1 minute and do not rinse mouth out for at least 30 minutes after
- **Chew** xylitol gum or candies such as Spry or Ice Cubes
  - Two tabs of gum or mints 4x/day
- Optional: If recommended, **swab** teeth with MI Paste throughout the day and at nighttime right before bed.

In addition, it will be recommended that you come into our office for your routine dental cleanings at 3-4 month intervals. During those appointments we may apply a fluoride treatment.