

Caries Management By Risk Assessment

Home Care Regimen for Patients with Extremely High Decay Rate

According to the CAMBRA program, a patient who has been placed in the extremely 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 addition, the patient may exhibit low salivary production or have special needs. In order to control the possibility of cavities recurring in the future the following regimen should be followed at home.

Mandatory

- **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 baking soda water or “ACT” rinse.
- **Brush** at least 2x/day with Prevident 5000 toothpaste (1.1% fluoride toothpaste)
 - o Try not to rinse your mouth out for at least 30 minutes after brushing
- **Rinse** with non-alcoholic ParoEx (0.12% Chlorhexidine Gluconate)
 - o 10mL 1x/day for 1 minute for 1 week out of the month
 - o **Rinsing with ParoEx and brushing with Prevident 5000 should be separated by 1 hour**
- **Rinse** with 0.05% fluoride “ACT” rinse
 - o Other three weeks out of the month:
 - 2x/day for 1 minute and do not rinse mouth out for at least 30 minutes after
 - o Throughout the entire month:
 - After snacking, breakfast, lunch
- **Chew** xylitol gum or candies such as Spry or Ice Cubes
 - o Two tabs of gum or mints 4x/day

Strongly Recommended

- **Rinse** with baking soda rinses throughout the day – when your mouth feels dry, after snacking, after breakfast, before bedtime
 - o 1 tsp in 8 oz of water
- **Swab** teeth with MI Paste 2x/day

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