

Population and higher risk approaches for oral health by age

	Up to 3 years	3 to 6 years	7 to 17 years	All adults
Dental caries (higher risk)	<p>Apply fluoride varnish 2 or more times a year</p> <p>Use toothpaste containing 1,350 to 1,500 ppm fluoride</p> <p>Investigate diet and assist adoption of good dietary practice in line with the Eatwell Guide</p> <p>Liaise with medical practitioner to request that any long-term medication is sugar-free</p>	<p>Apply fluoride varnish 2 or more times a year</p> <p>Use toothpaste containing 1,350 to 1,500 ppm fluoride</p> <p>Investigate diet and assist adoption of good dietary practice in line with the Eatwell Guide</p> <p>Liaise with medical practitioner to request that any long-term medication is sugar-free</p>	<p>All the above, plus:</p> <p>Apply fluoride varnish 2 or more times a year</p> <p>Recommend daily fluoride rinse (0.05% NaF)</p> <p>Consider prescribing higher fluoride toothpaste (short-term): (10+yrs 2,800ppm; 16 +years 2,800ppm/5,000ppm)</p> <p>Dietary analysis and sugar reduction</p> <p>Apply fissure sealants</p> <p>Liaise with medical practitioner to request that any long-term medication is sugar-free</p>	<p>All the above plus:</p> <p>Support toothbrushing where required (eg carer assistance, specialised brush, non-foaming toothpaste)</p> <p>Apply fluoride varnish 2 times a year</p> <p>Recommend daily fluoride rinse (0.05% NaF)</p> <p>Consider prescribing higher fluoride toothpaste: 2,800ppm/5,000ppm</p> <p>Dietary analysis and sugar reduction</p> <p>Liaise with medical practitioner to request that any long-term medication is sugar-free</p>
Periodontal diseases (higher risk)	N/A	<p>Oral Hygiene Instruction</p> <p>Promote interdental cleaning if evidence of disease</p>	<p>Oral Hygiene Instruction</p> <p>Promote interdental cleaning if evidence of disease</p> <p>Advise on methods for supporting tobacco cessation (VBA)</p> <p>Correct plaque retentive factors</p> <p>Consider general health inc reduced salivary flow, diabetes, medications</p>	<p>Oral Hygiene Instruction</p> <p>Promote and advise on interdental cleaning</p> <p>Advise on methods for supporting tobacco cessation (VBA)</p> <p>Correct plaque retentive factors</p> <p>Consider general health inc reduced salivary flow, diabetes, medications</p>
Oral Cancer (Higher risk)	N/A	N/A	<p>Advise on methods for supporting tobacco cessation (VBA)</p> <p>Advise on alcohol use (Audit C)</p>	<p>Advise on methods for supporting tobacco cessation (VBA)</p> <p>Advise on alcohol use (Audit C)</p>
Tooth wear (higher risk)	<p>Investigate possible risk factors and advise accordingly</p>	<p>Investigate possible risk factors and advise accordingly</p>	<p>Investigate possible risk factors (intrinsic/extrinsic)</p> <p>Advise on lowering risk</p> <p>Support with behaviour change</p>	<p>Investigate possible risk factors (intrinsic/extrinsic)</p> <p>Advise on lowering risk</p> <p>Support with behaviour change</p>
Monitoring and recall	<p>Support behaviour change</p> <p>Recall: 3 to 12 months</p> <p>Shorten recall interval when at higher risk</p>	<p>Support behaviour change</p> <p>Recall: 3 to 12 months</p> <p>Shorten recall interval when at higher risk</p>	<p>Support behaviour change</p> <p>Recall: 3 to 12 months</p> <p>Shorten recall interval when at higher risk</p>	<p>Support behaviour change</p> <p>Recall: 3 to 24 months</p> <p>Shorten recall interval when at higher risk</p>