

Population and higher risk approaches for oral health by age

	Up to 3 years	3 to 6 years	7 to 17 years	All adults
General Population	<p>Brush teeth at least twice daily last thing at night/ before bedtime and on one other occasion with a smear of fluoride toothpaste containing at least 1000ppm fluoride</p> <p>Parents/carers should brush teeth as soon as they appear</p> <p>Promote breastfeeding exclusively from birth for the first 6 months then continue breastfeeding and introduce solids</p> <p>Gradually introduce a wide variety of solid foods (of different textures and flavours)</p> <p>Sugar should not be added to food or drinks given to babies and toddlers</p> <p>Minimise consumption of sugar containing food and drinks</p> <p>Avoid sugar-containing food and drink at bedtime</p> <p>Use sugar-free versions of medicines</p> <p>For parents feeding by bottle: only breastmilk, infant formula or cooled boiled water should be given</p> <p>Feeding from a bottle should be discouraged from the age of 1 year; babies should drink from a free-flow cup from 6 months</p>	<p>Brush teeth at least twice daily last thing at night/ before bedtime and on one other occasion with a pea-sized amount of fluoride toothpaste containing at least 1000ppm fluoride</p> <p>Parents/carers should brush/assist tooth-brushing up to 7 years</p> <p>Spit out after brushing, do not rinse</p> <p>Apply fluoride varnish twice yearly</p> <p>Promote healthy diet</p> <p>Minimise consumption of sugar containing food and drinks</p> <p>Avoid sugar containing food and drink at bedtime</p> <p>Use sugar-free versions of medicines</p>	<p>Brush teeth and the gum line effectively, at least twice daily last thing at night/ before bedtime and on one other occasion with toothpaste containing a standard 1350-1500 ppm fluoride</p> <p>Parents/carers should assist tooth-brushing if required</p> <p>Spit out after brushing, do not rinse</p> <p>Apply fluoride varnish to teeth two times a year</p> <p>Promote healthy diet</p> <p>Minimise amount and frequency of consumption of sugar containing food and drinks</p> <p>Avoid sugar-containing food and drink at bedtime</p> <p>Avoid tobacco</p> <p>Avoid alcohol</p>	<p>Brush teeth and the gum line effectively, at least twice daily last thing at night/ before bedtime and on one other occasion with toothpaste containing 1350-1500 ppm fluoride</p> <p>Spit out after brushing, do not rinse</p> <p>Promote healthy diet</p> <p>Minimise amount and frequency of consumption of sugar containing food and drink and avoid at bedtime</p> <p>Avoid tobacco</p> <p>Avoid alcohol or drink at safer levels</p>

	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>