

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 or before bedtime and on one other occasion with a smear of fluoride toothpaste containing at least 1,000ppm 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 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 or before bedtime and on at least one other occasion with a pea-sized amount of fluoride toothpaste containing at least 1,000ppm fluoride</p> <p>Parents/carers should brush or 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 or before bedtime and on at least one other occasion with toothpaste containing a standard 1,350 to 1,500 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 2 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 or before bedtime and on at least one other occasion with toothpaste containing 1,350 to 1,500 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
<b>Dental caries (higher risk)</b>	<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 (for example 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>
<b>Periodontal diseases (higher risk)</b>	N/A	Oral Hygiene Instruction	<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>
<b>Oral Cancer (Higher risk)</b>	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>
<b>Tooth wear (higher risk)</b>	Investigate possible risk factors and advise accordingly	Investigate possible risk factors and advise accordingly	<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>
<b>Monitoring and recall</b>	<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>