



## New York City Department of Health

### Oral Health Recommendations

February 2011

Oral Health Topic	Recommended Message
Application of Fluoride Varnish	For children under 7 years, fluoride varnish should be applied based on caries risk assessment twice a year for cases of moderate caries risk and three to four times a year for cases at higher risk. In the absence of routine dental care, fluoride varnish should be applied, where indicated by findings from an oral health assessment, by primary medical providers, and children should be referred to a dentist.
Application of Sealants	Primary medical providers should recommend that all children be evaluated by dentists for application of sealants to permanent molars soon after eruption. First permanent molars appear around six years and second molars around 12 years.
Use of Fluoridated Toothpaste Less Than 2 years of age	Parents should use a soft bristled toothbrush and water to clean the teeth of children younger than two years. Only children at high risk for dental caries should be using a smear of fluoridated toothpaste before age 2. Parents should consult with a dentist before using fluoridated toothpaste.
Use of Fluoridated Toothpaste Age 2 and older	A pea-sized amount of fluoridated toothpaste should be used to brush the teeth of children aged two and older. Children should be encouraged to spit out excess toothpaste rather than rinse their mouth with water.

Oral Health Topic	Recommended Message
<p>Oral Health Examination, Risk Assessment &amp; Counseling</p>	<p>Medical providers should use the knee-to-knee examination technique for infants and children under 3 years of age and obtain training in recognizing physical signs of caries and conducting an oral health risk assessment.</p> <p>Excellent training modules are offered by  <i>Smiles for Life A National Oral Health Curriculum</i>  <a href="http://www.smilesforlife2.org">http://www.smilesforlife2.org</a></p> <p>And AAP <i>Oral Health Initiative</i>  <a href="http://www.aap.org/compeds/dochs/oralhealth/cme/">http://www.aap.org/compeds/dochs/oralhealth/cme/</a></p>
<p>Children: Initiation and frequency of preventive dental care</p>	<p>The first dental exam should occur around the time of first tooth eruption and no later than twelve months of age. Routine exams should occur every 6 months or as determined by the child's dentist based on his/her risk.</p>
<p>Pregnant Women: Frequency of preventive dental care</p>	<p>Pregnant women should see a dentist at least one time during pregnancy. Necessary treatment can be provided throughout pregnancy.</p> <p>New York State Department of Health Oral Health  <a href="http://www.nyhealth.gov/prevention/dental/">http://www.nyhealth.gov/prevention/dental/</a></p> <p>New York State Department of Health, Prenatal Oral Health  <a href="http://www.nyhealth.gov/prevention/dental/prenatal_oral_health.htm">http://www.nyhealth.gov/prevention/dental/prenatal_oral_health.htm</a></p>
<p>Adults: Frequency of preventive dental care</p>	<p>Adults should establish a dental home and see the dentist as often as the dentist recommends based on risk.</p>