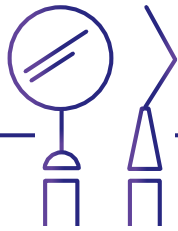


# Evidence-based recommendations: Treatments for patients at elevated risk of caries

Use this quick reference guide to help determine the best treatment schedule for your patients.



## In-office treatments

Fluoride Treatments  
for Adults and  
Children Ages 6+

Recommended Product	Frequency	PPM Fluoride	Percent Sodium Fluoride
<b>2.26% fluoride varnish</b>	At least every 3-6 months	22,600	5.0
<b>1.23% acidulated phosphate fluoride (APF) gel with 0.1M phosphoric acid* for 4 minutes</b>	At least every 3-6 months	12,300	2.7

\*This option is recommended for patients age 6 & up only



## At-home treatments

Fluoride Treatments  
for Adults and  
Children Ages 6+

Recommended Product	Frequency	PPM Fluoride	Percent Fluoride
<b>OTC fluoride toothpaste and 0.09% fluoride mouth rinse</b>	2x/day toothpaste 1x/week mouth rinse	≤1,150 toothpaste 900 mouth rinse	0.12 toothpaste 0.09 mouth rinse
<b>1.1% NaF toothpaste</b>	2x/day	5,000	0.50

# Pit and fissure sealant

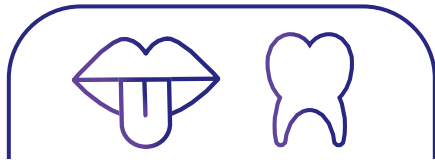
The ADA and AAPD strongly recommend the use of sealants – not only to prevent pit-and-fissure carious lesions, but also to arrest non-cavitated occlusal lesions.<sup>1</sup>

“They concluded that sealants are effective in preventing and arresting pit-and-fissure occlusal carious lesions of primary and permanent molars in children and adolescents compared with the nonuse of sealants or use of fluoride varnishes. They also concluded that sealants could minimize the progression of noncavitated occlusal carious lesions (also referred to as initial lesions) that receive a sealant.”<sup>2</sup>

1. Wright J.T., Tamp M.P., Graham L., et al. Sealants for preventing and arresting pit-and-fissure occlusal caries in primary and permanent molars: a systematic review of randomized controlled trials – a report of the American Dental Association and the American Academy of Pediatric Dentistry. Journal of the American Dental Association. 2016;147(8)631-645.
2. Wright J.T., Crall J.J., Fontana M., Gillette J., et al. Evidence-based clinical practice guideline for the use of pit-and-fissure sealants – a report of the American Dental Association and the American Academy of Pediatric Dentistry. Journal of the American Dental Association. 2016;147(8)672-682.

## Patient risk factors

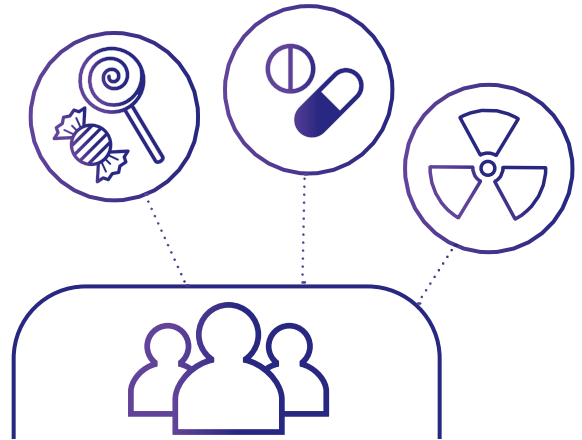
A wide variety of social and medical factors can affect your patients' risk of caries. If they fall into **any** of these categories, they are at elevated risk and could benefit from a professional treatment plan.



### Oral environment

What to look for in the patient's mouth:

- Active cavities in the last year
- Active orthodontic treatment
- Dry mouth due to medication or other medical conditions
- Enamel defects
- Exposed roots
- Genetic abnormality of teeth
- High concentration of cavity-causing bacteria
- Low saliva flow
- Poor oral hygiene



### Other environmental factors

What to look for in the patient's history:

- Chemo or head/neck radiation therapy
- Drug/alcohol abuse
- Eating disorder
- Frequent snacks between meals
- High-sugar or high-acid diet
- Infrequent dental care
- Insufficient fluoride exposure
- Long-term poverty
- Low health literacy
- Poor family dental health
- Prolonged nursing (bottle or breast)
- Recent immigration
- Physical or mental disability that makes proper oral health difficult to maintain or obtain



### 3M Oral Care

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### Learn more:

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