

Dental Health During Well-child Visits

Steps to Prevent Decay

1 Oral health risk assessment and screening (birth to 3 years)

- RISK ASSESSMENT
 - Key high-risk factors
 - Decay or white spots visible on teeth?
 - Has the child ever had cavities or fillings?
 - Has mother or siblings had cavities or fillings in the past year?
- SCREENING
 - Position the child
 - Infant: knee-to-knee position
 - Toddler: position on an exam table and work from above the head
 - Lift the lip and look in the mouth for:
 - Visible plaque
 - Early signs of decay (white spots or lines along the gum line)
 - Brown spots on teeth
 - Signs of moderate to severe dental decay
 - Signs of a dental abscess in soft tissue of mouth

RESOURCES

On-line staff training

- [Smilesforlifeoralhealth.org](http://smilesforlifeoralhealth.org)
- Montana DPHHS Oral Health Program**
 - <http://dphhs.mt.gov/publichealth/oralhealth>
- American Academy of Pediatrics**
 - <https://healthychildren.org>
- American Academy of Pediatric Dentistry**
 - <http://www.aapd.org/>

2 Application of fluoride varnish

- APPLY VARNISH
 - Dry teeth with gauze (if possible)
 - Apply fluoride varnish to all surfaces of the teeth
- INSTRUCT THE PARENT IN AFTER-CARE
 - Varnish sets quickly but leaves the teeth slightly yellow until the next day
 - Eat a soft, non-abrasive diet for the rest of the day
 - Do not brush or floss until the next morning
- MONTANA MEDICAID BILLING
 - Fluoride varnish - 99188 or D1206 on CMS-1500 claim form
 - D0190 is a non-reimbursed code but documents screening and assessment
 - Document risk- D0601 low-risk, D0602 moderate-risk, or D0603 high-risk

For additional information contact:

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3 Deliver anticipatory guidance to parent/caregiver

- Show parents how to lift the lip and look during brushing
- Brush every day, as soon as the first tooth erupts with a smear of fluoride toothpaste
- Choose healthy snack choices and limit sugary, starchy or sticky snacks
- Avoid “grazing” on snacks or sipping sweet liquids throughout the day
- Referral to a dental provider by 12 months of age