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

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 - 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

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 dentist by 12 months of age

**RESOURCES**

- **On-line staff training**
  - smilesforlifedoralhealth.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/

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