

JAMIE SANDS, D.D.S.

COSMETIC, RESTORATIVE AND PREVENTIVE CARE

ORAL ANTI-AGING™

Caries Risk Assessment

Low Risk CRA

- No dental decay in the last 3 years

Recommendations:

- Brush twice daily with OTC Fluoride tooth paste
- Floss once to twice daily
- X-rays every 24 months

Moderate Risk CRA- any yes

- Cavity restored in the last 3 years
- Exposed roots
- Deep pits and fissures, developmental defects
- Interproximal decay
- Enamel white spots
- Appliance present
- Visible plaque on teeth

Recommendations:

- Brush twice daily with OTC Fluoride tooth paste
- Floss once to twice daily
- Rinse with ACT daily
- OTC Xylitol gum or candy 4 times a day (Cari Free Gum Ctx2)
- Recare dental cleaning every 6 months
- X-rays every 18 months
- Apply fluoride varnish every 6 months (Vanish)

High Risk- any yes

- Cavity restored in the last 3 years
- Exposed roots
- Interproximal decay
- Enamel white spots
- Appliance
- Inadequate saliva
- Visible plaque on teeth
- Reduced saliva
- Frequent snacking
- Recreational drug use

Recommendations:

- Brush twice daily with OTC Fluoride tooth paste with abrasives
- Floss once to twice daily
- OTC Xylitol gum or candy 4 times a day - (Cari Free Gum Ctx2—containing a pH buffer)
- Apply fluoride varnish every 6 months (Vanish)
- Baking Soda Rinse (Cari Free Rinse CTx 3)
- Calcium Phosphate paste (MI paste or Cari Free Paste CTx4 5000)
- Recare dental cleaning every 3 months
- X-rays every 6-12 months
- Nutritional counseling
- Oral spritzer
- Patient-specific oral hygiene instructions

Dry Mouth

Recommendations:

- Baking Soda toothpaste with fluoride (Cari Free Paste CTx4)
- Baking Soda gum (Cari Free Gum Ctx2)
- Rinse frequently with baking soda (2 tsp.)/ water (8 oz.) solution or Cari Free Rinse CTx3
- Fluoride lozenges 1 x day
- Calcium Phosphate paste (MI paste or Cari Free Paste CTx4)