**Caries preventive guidelines for children and adolescents, Region Halland**

General recommendations:

* 3-year-olds should be always be examined and risk assessed by a dentist
* Recall examinations can be performed by dental hygienists (RDH)
* Dentists should monitor the occlusal development and assess the need for orthodontic care, particularly at the age interval between 10-11 years.
* The use of tobacco should be registered from 12 years
* From age 15, the presence of periodontal pocket should be assessed with a periodontal probe around the 1st permanent molars and the upper incisors

**3-6 years**

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| Risk group | Maximal recall interval | Preventive measures |
| 1. **Low risk**
* No clinical signs of active lesions; ”caries free”
* No progression of lesions last 2 years
 | 18 months | * Tooth brushing twice daily with fluoride toothpaste, performed by parents or custodians
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| 1. **Moderate risk**
* Previous history of caries; fillings or arrested lesions
* Some general risk, chronic diseases, social risk and/or suboptimal parental care
 | 18 months | * Tooth brushing twice daily with fluoride toothpaste, performed by parents or custodians
* Professional fluoride varnish applications every 6th month
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| 1. **High risk**
* Active caries development; new initial or manifest lesions
* Increased general risk, chronic conditions such as asthma, diabetes, feeding problems, social risk and/or suboptimal parental care
 | 12 months | * Tooth brushing twice daily with fluoride toothpaste, performed by parents or custodians
* Professional fluoride varnish applications every 3rd month
* Fissure sealing of newly erupted 1st permanent molars
* Individually targeted supplements, such as MI, sugar reduction
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**7-11 years**

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| Risk group | Maximal recall interval | Preventive measures |
| 1. **Low risk**
* No detectable lesions or single minor occlusal/buccal lesions related to tooth morphology
* No lesion progression in primary teeth during the last 2 years
 | 18 months | * Tooth brushing twice daily with fluoride toothpaste, performed or supervised by parents or custodians
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| 1. **Moderate risk**
* 1 new dentin lesion and/or 1-2 new or progressing enamel lesions
* Some general risk factors, such as chronic diseases, overweight, obesity, social risk factors
 | 18 months | * Tooth brushing twice daily with fluoride toothpaste, performed or supervised by parents or custodians
* Professional fluoride varnish applications every 6th month
* Fissure sealing of newly erupted 1st permanent molars
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| 1. **High risk**
* ≥2 new dentin lesions and/or ≥3 new or progressing enamel lesions
* Rapid caries progression in primary teeth
* Increased general risk, chronic conditions such as asthma, diabetes, overweight, obesity, social risk factors
* Gingivitis not associated with tooth eruption
 | 12 months | *Caries:** Tooth brushing twice daily with fluoride toothpaste, performed or supervised by parents or custodians
* Professional fluoride varnish applications every 3rd month
* Fissure sealing of newly erupted 1st permanent molars
* Individual supplements after motivational interviewing. Example: fluoride mouth rinse (0.05-0.2%)

*Gingivitis** Individually targeted care
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**12-19 years**

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| Risk group  | Maximal recall interval | Preventive measures |
| 1. **Low risk**
* Caries-free or single minor occlusal/buccal lesions related to tooth morphology
* No lesion progression during last 2 years
 | 18 months | * Tooth brushing twice daily with fluoride toothpaste
 |
| 1. **Moderate risk**
* 1 new dentin lesion and/or 1-2 new or progressing enamel lesions
* Some general risk, such as chronic diseases, social risk, tobacco use
 | 18 months | * Tooth brushing twice daily with fluoride toothpaste
* Professional fluoride varnish applications every 6th month
* Fissure sealants, newly erupted molars/premolars
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| 1. **High risk**
* ≥2 new dentin lesions and/or ≥3 new or progressing enamel lesions
* Increased general risk, chronic conditions such as asthma, diabetes, overweight, obesity, social risk factors, tobacco use
* General gingivitis and/or periodontal pockets ≥5 mm
 | 12 months | *Caries:** Tooth brushing twice daily with fluoride toothpaste
* Professional fluoride varnish applications every 3rd month
* Fissure sealants, newly erupted molars/premolars
* Individual supplements after motivational interviewing. Example: fluoride mouth rinse (0.05-0.2% NaF); high fluoride toothpaste

*Gingivitis/periodontal pockets:** Individually targeted care
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