

### Other Oral Disease Risk Factors

- Tobacco and alcohol use (cancers)
- Family history of oral cancers
- Lack of mouth guard use for sports
- Methamphetamine use (erosions)
- Bulimia (erosions)
- Significant GERD (erosions)

### Screening Oral Exam

#### Observation

- Remove all dentures and appliances
- Teeth and oral hygiene
- Palate and gums
- Buccal mucosa
- Floor of mouth & tongue  
(lateral borders & undersurface)
- Posterior pharynx

#### Palpation

- Floor of mouth
- Neck

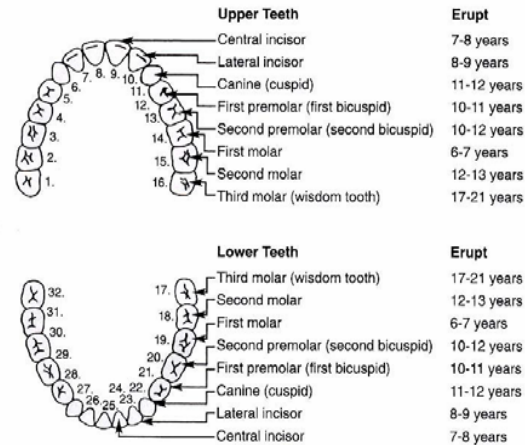
#### Record

- Signs of caries
  - White spots, brown spots, pits
- Signs of periodontal disease
  - Poor oral hygiene (presence of plaque)
  - Erythematous or receded gums
  - Loose teeth
- Signs of other oral disease
  - Soft tissues lesions
  - Tooth erosion

### Refer to dentist:

- All adults for 6 month check ups
- All adults with signs of caries, periodontal disease or suspicious oral lesions.

### PERMANENT TOOTH CHART:



### GERIATRIC ORAL HEALTH

#### Xerostomia

##### Signs

- Need to sip water or suck candies to talk
- Needs fluids to form food bolus when eating
- Oral burning/soreness and altered taste
- No pooling of saliva in floor of mouth
- Tongue fissured/lipstick on teeth

##### Etiology

- Primary disease (Sjogrens/RA/salivary tumor)
- Medications – anticholinergics, antidepressants, antipsychotics, diuretics, antihypertensives, sedatives, antihistamines, inhalers

##### Management

- Discontinue meds or move to morning dosing
- Avoid sugar containing foods and drinks
- Xylitol mints, sugar-free gum
- Rx brush on topical fluoride gel
- Rx saliva substitutes
- Regular dental visits – higher risk for caries

### Denture Care and Problems

#### Care

- Soak in water or denture cleaner overnight
- Rinse with water after every meal
- Brush daily with toothpaste or mild denture cleaner

#### Problems

- Problems with chewing, cheek biting, speech, cracked corners of mouth indicate poorly fitting dentures
- Erythematous candidiasis under dentures
  - Nystatin rinse 3x daily, ointment under denture
  - Soak denture in chlorhexidine or bleach/water

### ANTIBIOTIC PROPHYLAXIS GUIDELINES FOR ORAL PROCEDURES\*\*

#### Level of Risk

##### High Risk

- Prosthetic heart valve (allograft, homograft)
- Previous bacterial endocarditis
- Complex cyanotic congenital heart disease
- Surgically constructed systemic-pulmonary shunts

##### Moderate Risk

- Other congenital cardiac malformations
- Acquired valvular dysfunction
- Hypertrophic cardiomyopathy
- Mitral valve prolapse with audible regurgitation or thickened leaflets

##### Low Risk

- Isolated secundum atrial septal defect
- Surgical repair of atrial septal defect, ventricular septal defect, or patent ductus arteriosus with no residual beyond 6 months
- Previous coronary artery bypass grafting
- Mitral valve prolapse without regurgitation
- Physiologic, functional, or innocent murmurs
- Previous Kawasaki disease without valve dysfunction
- Cardiac pacemaker or implanted defibrillator

## Planned Procedure

*Prophylaxis recommended for high and moderate risk patients undergoing:*

- Tooth Extractions
- Periodontal procedures including surgery, scaling, and root planing, probing, and recall maintenance
- Re-implantation of avulsed teeth
- Root canal treatment beyond the apex
- Initial placement of orthodontic bands, not brackets
- Subgingival placement of antibiotic fibers or strips
- Intraligamentary local anesthetic injections
- Prophylactic cleaning of teeth or implants where bleeding is anticipated

*Prophylaxis also recommended for patients with the following implanted medical devices:*

- Prosthetic heart valve
- Total joint replacement
  - In place less than 2 years
  - Immunocompromised patient
  - Previous prosthetic joint infection
- Vascular grafts in place less than 6 months
- Arteriovenous shunt for hemodialysis
- Neurosurgical shunts
- Indwelling catheters

*Prophylaxis **NOT** recommended for:*

- Routine fillings
- Local anesthetic injections
- Root canal treatment (proximal to apex)
- Suture removal
- Removable appliance placement
- Oral impressions
- Fluoride treatments or xrays
- Orthodontic appliance adjustment
- Shedding of primary teeth

## Antibiotic choices

*Standard prophylaxis(give orally 1 h before procedure):*

Amoxicillin: Adults: 2.0 g; children: 50 mg/kg

*Allergic to penicillin (give orally 1 h before procedure):*

Clindamycin: Adults: 600 mg; children: 20 mg/kg

Cephalexin or cefadroxil: Adults: 2.0 g; children; 50 mg/kg (caution if hypersensitivity to penicillins)

Azithromycin or clarithromycin: Adults: 500 mg; children: 15 mg/kg

## ANTICOAGULATION GUIDELINES FOR ORAL PROCEDURES

- Cessation of anticoagulation or anti-platelet agents carries a small but real chance of thromboembolic event
- Cleanings, fillings, and simple extractions can be performed without interrupting anticoagulation
- Bleeding can be controlled with tranexamic acid or epsilon amino caproic acid mouthwash (discuss with dentist/oral surgeon; costly)
- Communication with dentist is vital

### **\*\*IMPORTANT NOTICE:**

The “Antibiotic Prophylaxis Guidelines” above are based on the latest recommendations by the American Heart Association (updated 1997).

It is advised to consult the American Heart Association website for more details and for any updates:

[www.americanheart.org](http://www.americanheart.org)

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## ADULT ORAL HEALTH POCKET CARD

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The information contained in this card should not substitute for consultation with an oral health expert.

## PRIMARY CARE

### Prevention of Caries & Periodontal Disease

- Eliminate sweet snacks/drinks between meals
- Brush twice daily with fluoridated toothpaste
- Floss daily
- Regular dental visits every 6 months
- Regular oral exam at annual medical exam

### Caries Risk Factors

- Presence of cavities or multiple fillings
- Gingival recession
- Xerostomia (medications, disease)
- Poor oral hygiene
- Poor access to dental care
- Low socio-economic and/or education status
- Inadequate fluoride
- High frequency foods/drinks/medications with sugar
- Special health care needs (oral health often overlooked)
- Presence of partial dentures or other appliances

### Periodontal Disease Risk Factors

- Poor oral hygiene
- Tobacco use
- Diabetes
- Osteoporosis
- Medications (anticonvulsants, methotrexate, Ca<sup>++</sup> channel blockers may cause gingival hyperlasia)