

Suggested Oral Health Plan

HIGH RISK



Symptoms

- Cavitation (advanced disease), including pain/swelling, and possible infection
- Family history or sibling with sign of decay
- Special health care needs

Suggested Oral Health Plan

- Apply **fluoride varnish**
- Urgent referral to dentist
- Ongoing oral health evaluation every 6 months
- Ongoing health risk assessment every 6 months
- Ongoing dietary counseling and hygiene instruction

MODERATE RISK



Symptoms

- One or more risk factors
- White spot lesions (early stage disease)
- Enamel defects, or other dental concerns

Suggested Oral Health Plan

- Apply **fluoride varnish**
- Referral to dental provider within 10-20 days
- Ongoing oral health evaluation every 6 months
- Ongoing health risk assessment every 6 months
- Ongoing dietary counseling and hygiene instruction

LOW RISK



Symptoms

- No risk factors
- Established in a dental home and receiving fluoride varnish every 6 months
- No decay or other conditions
- No health concerns and following good dental home care

Suggested Oral Health Plan

- Ongoing oral health evaluation every 6 months
- Ongoing health risk assessment every 6 months
- Ongoing dietary counseling and hygiene instruction

Dental Referral List and Access Map

[Maine Dental Access Map - Maine COHN](#)

[Dental Referral List | From the First Tooth](#)

