

# **Caries Risk Assessment**

**(Caries = Cavities = Decay)**

- Decay on radiographs
- White/brown spots on smooth tooth surfaces
- Multiple restorations
- Decay watch areas clinically noted
- Exposed roots
- Saliva flow inadequate (increase in medications)
- Visible plaque present on teeth
- Orthodontic brackets present
- Poor diet (excessive carbohydrates/sugars)
- Frequent snacking
- Excessive soda, juice drinks, or Gatorade type sport drinks
- Excessive coffee/tea usage

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Extreme Risk

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High Risk

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Moderate Risk

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Low Risk

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## **Recommendations to Limit Caries**

**(Caries = Cavities = Decay)**

- Improve diet, limit snacking
- Decrease use of soda, juice, ice tea or Gatorade type sport drinks.
- Drink more water instead
- Decrease use of coffee/tea
- Brush 3 times daily and clean between your teeth once daily.
- Chlorhexidine rinse (use for 1 week per month)
- Chew sugar free gum with Ca/PO<sub>4</sub> (e.g. Trident XTRA CARE) or Xylitol (e.g. Ice Breakers Cubes). Chew after meals.
- Fluoride treatments at office
- Fluoride mouthwash (e.g. ACT mouthwash)
- Preventent 5000+ toothpaste (prescription)

**John F. Carpenter, DMD, MAGD**  
**272 Quassaick Ave., New Windsor, NY 12553**  
**845-561-2330**