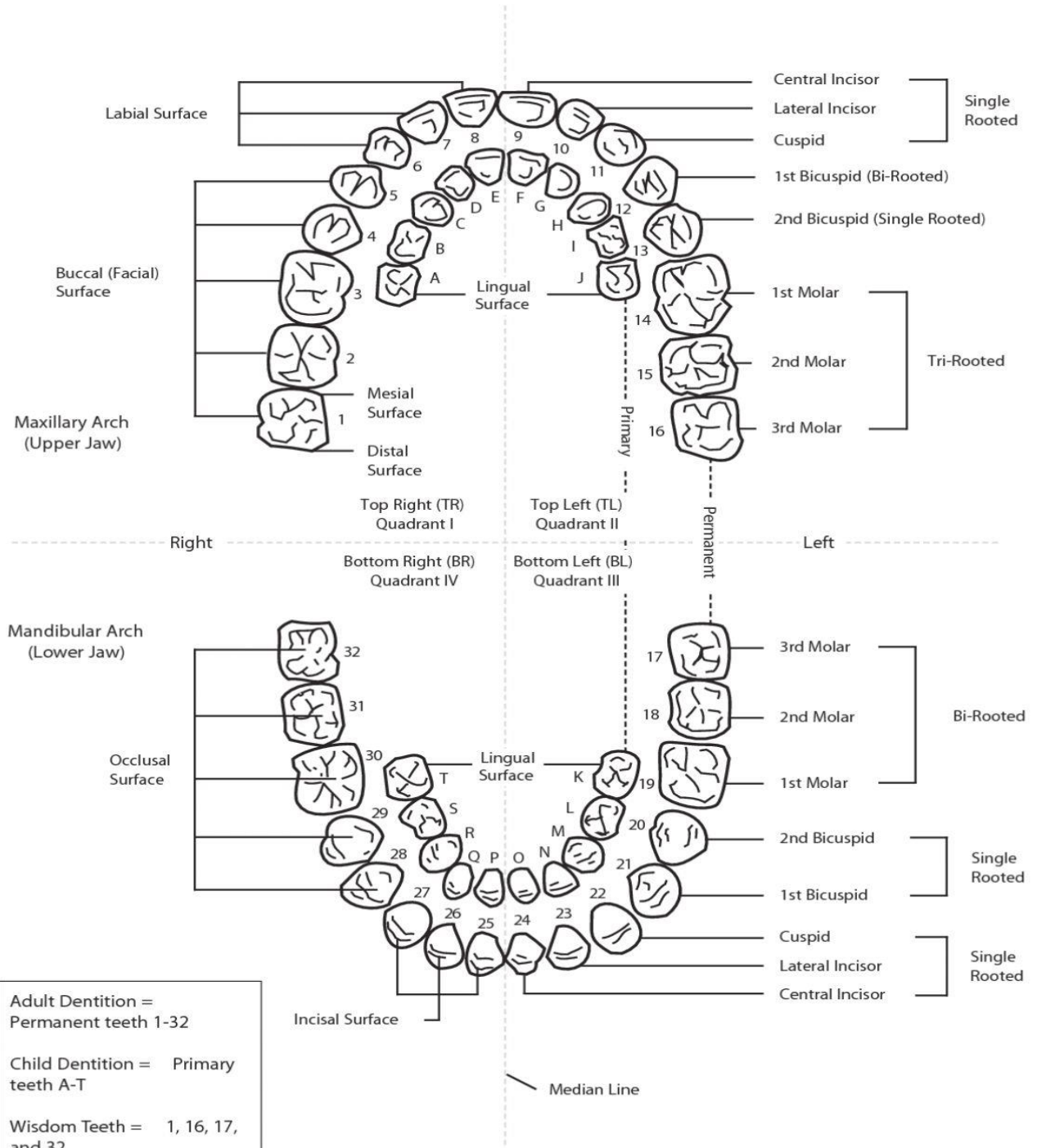


Electronic Oral Health Reference Card

Diagram of the Tooth Numbering System
(viewed as if looking into the mouth)



Adult Dentition = Permanent teeth 1-32

Child Dentition = Primary teeth A-T

Wisdom Teeth = 1, 16, 17, and 32

NORMAL TOOTH ERUPTION DATES

	<u>Deciduous</u>	<u>Permanent</u>
Maxillary Arch:		
Central Incisor	8-12 Months	7-8 Years
Lateral Incisor	9-13 Months	8-9 Years
Cuspid	16-22 Months	11-12 Years
Bicuspid	-----	10-12 Years
First Molar	13-19 Months	6-7 Years
Second Molar	25-33 Months	12-13 Years
Third Molar	-----	17-22 Years
Mandibular Arch:		
Central Incisor	6-10 Months	6-7 Years
Lateral Incisor	10-16 Months	7-8 Years
Cuspid	17-23 Months	9-11 Years
Bicuspid	-----	10-12 Years
First Molar	14-18 Months	6-7 Years
Second Molar	23-31 Months	11-13 Years

COMMON Rx FOR DENTAL PROBLEMS

Abscessed Tooth or Periodontal Abscess:

Pen-VK 500mg, #28, 1 cap q6h x 7 days
 OR Clindamycin 300mg, #21, 1 cap q8h x 7 days
 Add 1 g Rocephin IM to above if facial swelling or fever

Necrotizing Ulcerative Gingivitis ("trench mouth"):

Any of above regimens for tetracycline allergic patients
 OR Doxycycline 20mg BID, 1-9 months
 AND Chlorhexidine Oral Rinse 0.12%, NPO 30 min.

Patients with Xerostomia:

Neutral Sodium Fluoride Gel or Paste, 1.1%
 OR Stannous Fluoride Gel, 0.4%
 Sig: Use paste in place of toothpaste OR brush on gel after brushing.
 Do not swallow NPO 30 min.

ORAL AND HEAD/NECK CANCER EXAMINATION

1. Have patient remove dentures or appliances
2. Head in normal posture: Palpate cervical lymph nodes
3. Tilt head back: Inspect for masses or asymmetry
4. Lips: Palpate inside/outside with thumb and forefinger
5. Gingiva: Reflect lip and examine visually, buccal and lingual sides
6. Buccal mucosa: With mouth half-closed, use tongue blade to reflect lips, and otoscope for better visibility
7. Palate: Tip head back, patient says "ahh"; note uvula & tonsils
8. Lateral borders of tongue: Have patient extend tongue, wrap 2"x2" gauze around anterior third, move tongue to one side to visualize entire lateral border, then repeat other side - most oral cancer occurs here
9. Floor of mouth: Have patient touch tip of tongue to palate - check underside of tongue and floor of mouth
10. Palpate mandible and maxilla, then check the bite

ANTIBIOTICS FOR ABCESES

For Patients with Dental Abscesses, the indications for giving antibiotics are:

- Fever >100° F
- Malaise
- Lymphadenopathy
- Trismus
- Increased swelling
- Cellulitis
- Osteomyelitis
- Persistent infection

For Patients with Dental Abscesses, Antibiotics are NOT indication for:

- Pain without signs and symptoms of infection
- Teeth with a sinus tract
- Localized fluctuant swellings

TREATMENT FOR AVULSED PERMANENT TEETH

- Timing is critical – re-implant quickly
- Rinse off debris; do not touch root surface (will damage it)
- Tooth must be kept moist – use saliva, milk, water
- After re-implanted, referral to dentist for splinting & follow-up

EARLY CHILDHOOD CARIES (Baby Bottle Tooth Decay)

- Caused by frequency and duration of sugar intake
- While sleeping, bottle should only contain water
- Use regular cup after age one; use only water in sippy cups
- First dental visit should be at age one
- Parents should brush child's teeth until age 8
- Use fluoridated toothpaste; 'smear' or 'rice-size' amount for children < 3 years., 'pea-size' amount for children 3-6 years
- Minimize saliva sharing activities, e.g. sharing utensils
- Professionally applied topical fluoride as five percent NaFV or 1.23 percent F gel preparations are efficacious in Reducing caries for children at risk

AMERICAN HEART ASSOCIATION S.B.E. PROPHYLAXIS

Amoxicillin: Adults, 2.0 g (children, 50 mg/kg) orally one hour before procedure
 OR
 Clindamycin: Adults, 600 mg (children, 20 mg/kg) given orally one hour before procedure

AMERICAN DENTAL ASSOCIATION PAIN MANAGEMENT

<u>Pain Severity</u>	<u>Analgesic Recommendation</u>
Mild	Ibuprofen (200-400 mg) q 4-6 hrs.: prn for pain
Mild-Moderate	Ibuprofen (400-600 mg) q 6 hr. fixed interval for 24 hrs. then Ibuprofen (400 mg) q 4-6 hrs.:prn for pain
Moderate-Severe	Ibuprofen (400-600 mg) with APAP (500 mg) q 6 hrs.: fixed interval for 24 hrs. then Ibuprofen (400 mg) with APAP (500 mg) q 6 hrs.: prn for pain
Severe	Ibuprofen (400-600 mg) with APAP (650 mg) with hydrocodone (10mg) q 6 hrs.: fixed interval for 24-48 hrs. then Ibuprofen (400-600 mg) with APAP (500 mg) q 6 hrs: prn for pain