### Assessment of Clinical Oral Risk and Need (ACORN) We will do it well, once a year



### How we will treat and help you prevent tooth decay in adults Low risk No active decay Active decay • We will prescribe you a highconcentration fluoride toothpaste (2,800 to 5,000 ppm) and advise you to use a daily fluoride dental rinse at a different time to brushing • We will remind you that We will apply fluoride varnish twice a year you should have sugary foods • We will look at why you are at risk of only as part of a meal decay, for example you may have dry mouth • We will keep you free of pain and try to prevent further decay • We will provide you with necessary treatment • We will apply fluoride varnish twice a year • We will suggest you use a toothpaste high in you may eat too much sugary food or drink sports drinks At risk

How we will treat and help you prevent gum disease (age 12 and over)

## Active disease

- We will keep you free from pain
- We will show you toothbrushing techniques and how to use interdental brushes or floss, because effective plaque control is very important to control qum disease
  - We will discuss and begin treatment
- We will look at what puts you at risk of gum disease (for example smoking, diabetes)
  - We will explain that if you continue to smoke you risk losing your teeth

# Low risk No disease

- We will advise you to keep brushing effectively to remove plague
- We will discuss other ways you can control plaque



- We may ask you to show us how you brush your teeth
- We will show you how to use interdental brushes (little brushes that can get into gaps your normal toothbrush can't)
  - We will look at what puts you at risk of gum disease (for example smoking, diabetes)
    - We will explain that if you continue to smoke you risk losing your teeth

At risk

### **Toothbrushing tips for all**

Brush effectively last thing at night and once again during the day, using a toothpaste that contains at least 1,350ppm fluoride. Make sure you spit but do not rinse after toothbrushing.

#### X-rays

We will x-ray your teeth depending on your risk, needs or treatment.

