

Carries

CASE CHALLENGE

Management plan:

- Advice on the importance of regular brushing and flossing given.
- While waiting for dietary changes to take hold it was decided to reduce caries activity by the daily use of 0.2% NaF mouthrinse until the next visit.
- The interproximal lesions were minimal and the remineralisation potential was good therefore it was decided to 'watch' the interproximal lesions on the premolars and molars, and review the need for restorations during subsequent visits.
- An appointment in two weeks was organised to monitor plaque and diet control progress.

Suggested dietary changes:

- Reduce the 'between meal' snacking.
- Substitute the sugared snacks with a dried fruit and nut mix.
- Replace the soft drink with a milk drink.
- Use sugar substitute in tea.

Monitoring visit after two weeks:

- Plaque control satisfactory with all inflammation resolved.
- Dietary changes progressing well: snacking alternatives as well as milk drinks instead of soft drinks accepted, but patient was unable to

- substitute sugar in tea therefore reduction in the amount of sugar used to sweeten tea was suggested.
- It was decided to maintain the fluoride mouthrinses until the next visit.
- Next monitoring visit organised in four weeks time.

Monitoring visit after four weeks:

- The dietary changes had become routine, sugar in tea was down to a quarter spoonful per cup.
- It was felt that the remaining cariogenicity of diet could now be fully counteracted by the fluoride tooth-paste and good salivary protection.
- Six months monitoring visit organised.

Monitoring visit after six months:

- All dietary changes had been implemented and no caries was detected.
- Recall at twelve months recommended.

Twelve months check-up: (see figure 3)

- Bitewings radiographs taken using the same positioning devices as previously, revealed almost undetectable lesions on the premolars, therefore the lesions were diagnosed as remineralised and in no need of restoration.
- Yearly recall appointments were planned.

- **PATIENT'S DETAILS:**
*New patient,
21 year old female*
- **PRESENTING PROBLEM:**
"gums around the front teeth bleed a little on brushing"

Medical history:

Fit and healthy; taking contraceptive pills for 18 months.

Initial oral examinations:

- Generalised gingivitis.
- Plaque present on gingival third of many teeth.
- No cavitated lesions but some shadowing interproximally on some of the molars and premolars. Therefore, bitewings were recommended.

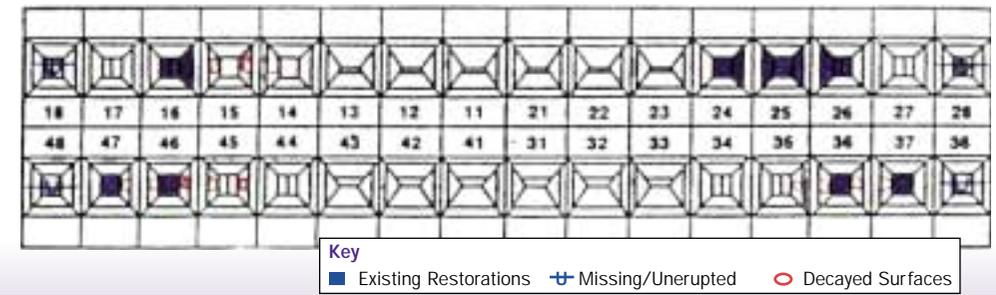
Past dental history:

Patient has not been to the dentist since leaving school (5-6 years ago); number of restorations present in the posterior teeth placed by the School Dental Service at the age of 15; usually brushes teeth twice a day with fluoridated toothpaste, but lately has been avoiding brushing near the gums because of bleeding.

Radiographs taken:

Bitewings revealed a number of early interproximal lesions (Fig.1)

Patient's caries chart



Further information

can be obtained from the
 Dental Practice Education Research Unit
 Department of Dentistry
 The University of Adelaide, Australia 5005.

Phone (08) 8303 5438 • Toll free 1800 805 738 • Fax (08) 8303 4858
 Email dperu@dentistry.adelaide.edu.au • Website //www.adelaide.edu.au/socprev-dent/dperu

