Caries Risk Assessment Form

	Low Caries Risk	Moderate Caries Risk	High Caries Risk	Extreme Caries Risk

Determining caries risk
 	
The checked box furthest to the right determines overall caries risk
	☐ No active caries lesion/radiolucency (cavitated or non-cavitated) during past 24 months
	
	☐ Healthy lifestyle habits including diet with little to no consumption of simple sugars, infrequent snacking, no drugs or alcohol abuse)
	
	☐ No visible plaque
		☐ No active caries lesion/radiolucency (cavitated or non-cavitated) during past 12 months
		
		1-2 of the following (check boxes):
		  ☐ Unhealthy lifestyle habits including occasional (≤ 2 times per day) between-meal snacks of simple sugars, drug or alcohol abuse)
		  ☐ Inadequate oral hygiene or visible plaque
		  ☐ Wearing dental or orthodontic appliances
		  ☐ Susceptible pits & fissures
		  ☐ Exposed root surfaces
		  ☐ Saliva reducing factors (medications, radiation, systemic diseases)
			☐ Any active caries lesion/radiolucency (cavitated or non-cavitated) during the past 12 months
			
			☐ High bacterial load by measurement or observation (heavy plaque)
			
			3 or more of the following (check boxes):
			  ☐ Unhealthy lifestyle habits including frequent (≥ 3 times per day) between-meal snacks of simple sugars, drug or alcohol abuse)
			  ☐ Inadequate oral hygiene
			  ☐ Wearing dental or orthodontic appliances
			  ☐ Susceptible pits & fissures
			  ☐ Exposed root surfaces
			  ☐ Saliva reducing factors (medications, radiation, systemic diseases)
				☐ High caries risk with hyposalivation by observation or measurement
				
				☐ High dependency on others for care

Circle Overall Caries Risk	Low Caries Risk	Moderate Caries Risk	High Caries Risk	Extreme Caries Risk
Recall Interval	12 months	6 months	3 months	3 months
Radiographs	24-36 months	18-24 months	6-18 months	6 months until no new lesions

Caries Risk Management Form

Risk Level	Home Care Recommendations	Recall Interval	Radiographs
Low	OHI, individualized diet modification: frequency and exposure, OTC fluoride toothpaste (CariFree Gel 1100)	12 months	24-36 months
Moderate	*All the above plus:* 1) **Xylitol gum/mints** throughout the day 2) **0.05% NaF rinse** (CariFree Maintenance Rinse) after meals if possible Alternative therapy would be to use a 5000 ppm F toothpaste (CariFree PRO Gel 5000) twice daily instead of OTC toothpaste, and no mouth rinse	6 months	18-24 months
High	*All the above plus:* 1) **5000 ppm toothpaste** (CariFree Pro Gel 5000) instead of OTC F-toothpaste morning and night 2) ***Antibacterial /pH neutralization** (CariFree Treatment Rinse) before bedtime	3 months	6-18 months
Extreme	*All the above plus:* 1) **pH neutralization** (CariFree Neutralizing Spray), CariFree Xylitol Gum and/or Lollies throughout the day 2) **Ca/PO^4 supplementation** (CariFree Fluoride Free Gel) throughout the day and right before bedtime	3 months	6 months until no new caries lesions