

Anticipatory Guidance

Throughout adolescence:

Wear a safety belt while driving or riding in the car .
If you are driving, insist that your passengers also wear safety belts. Follow the speed limit.

Always wear a helmet when riding a motorcycle, all-terrain vehicle (ATV), or bicycle. Even with a helmet, motorcycles and ATVs are very dangerous. -

Wear protective sports gear such as a mouth guard and face protector .

Brush your teeth twice a day with a pea-size amount of fluoridated toothpaste, and floss daily.

Take fluoride supplements only as recommended by a health or dental professional, based on the level of fluoride in your drinking water .

Familiarize yourself with the normal appearance of your gums and teeth so that you can identify problems if they occur .

Ask any questions you have about how to handle dental emergencies, especially the loss or fracture of a tooth. -

Schedule a dental appointment at an interval that your dentist has decided is appropriate, based on your needs and/or susceptibility to disease.

Ask any questions you have about dental sealants for your permanent molars.

Do not smoke or use spit tobacco or other drugs.



Review

Chart with assessment of adolescent's oral health

Appropriate screening/referral

Follow-up

Utilization review (appropriateness/quality of care)

Policies of dental professional and health professional regarding quality of care

Clinical treatment should be administered according to accepted guidelines

Outcomes

- 🌀 Adolescent is informed of oral development issues
- 🌀 Adolescent is informed of and practices preventive oral health care
- 🌀 Adolescent wears safety belt
- 🌀 Adolescent wears appropriate play and athletic protective gear
- 🌀 Adolescent does not use tobacco or other drugs
- 🌀 Adolescent receives appropriate fluoride supplementation
- 🌀 Adolescent has been assessed for dental sealants
- 🌀 Adolescent is under the care of a dentist
- 🌀 Adolescent has no active carious lesions
- 🌀 Adolescent has healthy oral soft tissues
- 🌀 Adolescent has functional occlusion
- 🌀 Adolescent's third molars have been evaluated



Avoiding Tobacco Use

“**S**am, it seems that you have developed some sores in your mouth,” remarked Dr. Burton. Sam’s mother seemed very concerned and asked Sam: “Is this why you seemed so reluctant to go to the dentist?” Sam shrugged his shoulders. Sam’s mother asked Dr. Burton what was causing the sores. “I’ll tell you in a moment,” Dr. Burton responded, “but I would like to talk with Sam first. Will you please wait outside while Sam and I talk?”

Dr. Burton asked Sam whether he uses spit tobacco. “Once in a while,” Sam said. “I used to use it a lot, but only a couple times since I found the sores.” Dr. Burton explained that the tobacco was causing the sores but that they would heal if Sam permanently quit using the tobacco. She told Sam what might happen if he continued the habit and suggested different ways to help him stop.

“I hope I can stop,” Sam said, looking doubtful. “All my friends dip all the time. But I don’t want to get cancer in my mouth, either ... so I guess I’ll try.”

Dr. Burton asked Sam’s mother to come back in and she explained what they had talked about. “Thanks, Dr. Burton,” said Sam’s mother, “I will also try to help Sam stop his habit.”

On the way out of the office, Dr. Burton gave Sam and his mother some pamphlets describing ways to stop using tobacco products. “I would like to see you in three months,” added Dr. Burton, “to hear about your success at stopping and to check to see how the sores have healed.” 



