

**Table 2****Age group dental hygiene issues with mitigating interventions**

| <b>Age Group</b>  | <b>Issues</b>   | <b>Mitigating Interventions</b>   | <b>Dental Visits</b>                           |
|-------------------|---|---|--|
| Babies (< 3 y)    | Primary teeth   | Finger toothbrush after bottles; fluoride supplementation<br><i>(see Table 1)</i>   | By age 1 year, then every 6 months             |
| Kids (3-12 y)     | Baby bottle tooth decay   | Bottle propping avoidance; fluoride supplementation   | Every 6 months                                 |
|                   | Lack of motor skill/cognition   | Parental use of washcloth, finger toothbrush gum/teeth rub  |  |
|                   | Acidic beverages  | Dietary education/restriction; dental sealant application   | Every 3 months                                 |
|                   | Lack of motor skill   | Adult supervision; floss holders  |  |
| Orthodontics      | Floss threaders; irrigation devices, interdental picks; battery powered toothbrushes; fluoride rinses | Every 3 months  |  |
| Teens             | Acidic beverages  | Education/dietary restriction   | Every 6 months                                 |
|                   | Behavior problems   | Patience; novelty devices   | Every 3 months                                 |
|                   | Orthodontics  | Floss threaders; Waterpik; xylitol mints; interdental picks; powered toothbrushes; non-alcohol-based fluoride rinses and toothpaste |  |
| Adults            | Xerostomics   | Rinses (no alcohol); mouth gels   | Every 3 months                                 |
|                   | Hormone gingivitis  | Flossing devices, woven floss   | Every 3 months                                 |
|                   | Xerostomics   | Biotene toothpaste; no alcohol gel  | Every 3-6 months                               |
|                   | Lack of dexterity   | Ergonomic toothbrush handles  |  |
| Immune-suppressed | Low/absent WBC, platelet counts   | Foam brush with saline or non-alcohol fluoride rinse after meals; no flossing with low ANC/platelets                                | Every 6 months depending on clinical situation |
| Geriatric         | Opportunistic infections  | Prophylactic antifungals, antivirals  | Every 6 months                                 |
|                   | Mucositis   | Dietary management, mouth moisturizing gels, saline rinses  |  |
|                   | Xerostomics   | Non-alcohol-based mouth moisturizing gels and fluoride rinses   | Every 6 months                                 |
|                   |   | Biotene toothpaste; xylitol   |  |
|                   | Lack of dexterity   | Oral hygiene assistance; ergonomic toothbrush handles   |  |
| Dementia          | Supervised, structure oral hygiene routine; patience  |   |  |