

ORAL HEALTH STATION PROCEDURES

- 1. Give Charla**
- 2. Teach how to mix up a home tooth paste with bicarbonate of soda, salt and mint (especially do if we do not have enough toothpaste)**
- 3. Do oral examination on all patients and document yes/no on the medical record if they have:**
 - a. Dental caries (white spots to gross caries)**
 - b. Missing permanent teeth (age 12 and older)**
 - c. Dentures**
 - d. Edentulous**
- 4. Apply fluoride varnish to all patients ages 12 and under and to older people if have obvious caries (it retards the growth of caries and also decreases the sensitivity of carious teeth). Document the fluoride application on the medical record.**
 - a. Mix the varnish in the plastic tub well with the brush before applying**
 - b. Dry the teeth and apply the varnish to all tooth surfaces**
 - c. Instruct the patient not to eat or drink for 30 minutes & not to brush teeth until the next day**
- 5. Give the parent or older person with caries, another varnish applicator set to take home and apply again in one week.**
- 6. Tooth stick: Give family several Stimudents and show them how to use them to clean between the teeth. Suggest making ones from sticks or twigs at home**
- 7. Distribute toothbrushes and tooth paste (give large tubes to families and small tubes to patient's who live alone)**
- 8. Supplies Needed:**
 - Charla materials**
 - Varnish and brush kits**
 - Gloves**
 - 2x2 gauze to dry teeth**
 - Tongue blade**
 - Bicarbonate of soda, salt and mint extract to make TP**
 - Tooth brushes**
 - Stimudents, floss or local materials used for floss**
 - Tooth Paste**