

Summary of the Guidelines on Oral Health Care for Children - prevention and treatment of dental caries

1. Responsibility

These clinical practice guidelines are intended for dental care professionals, i.e. (paediatric) dentists, dental specialists, oral hygienists. Other (dental) care professionals may also benefit from these guidelines. The guidelines have been developed on the initiative of the Kennisinstituut Mondzorg (KIMO) managed by a committee (ROC) chaired by Em. Prof. Dr. A.M. Kuijpers-Jagtman, Professor Emeritus of Orthodontics at Radboud University Nijmegen Medical Center (RUNMC).

2. Introduction

In practice it is clear that diagnosis and treatment of primary caries lesions is not simple. Until now, identifying dental caries as a behavioural sickness and its relationship with the effect of non-invasive treatments and tailor-made care have not found a role in standard daily practice. There is a lack of understanding of the most effective preventive or curative treatments, depending on the type of caries lesion. These guidelines recognise that treatment should primarily focus on the motivation and training of children to practise good oral hygiene. Treatment should follow the principles of minimally-invasive dentistry.

3. Recommendations

Question 1. How can a dental care professional encourage children (aged up to 18) and parents/carers to keep their teeth sound?

- Identify unhealthy behaviour and motivate children and parents/carers to change unhealthy (risky) behaviour using motivational interviewing (MI).
- Develop motivational interviewing skills, assess them routinely in practice by holding conversations and analysing and developing these skills in training and CPD.
- Encourage children (aged up to 18) to lead a healthy lifestyle, including regular visits to a dental care professional and following the [Advies Cariëspreventie \[caries prevention advice\]](#).
- Encourage parents/carers to take their child with them when they visit a dental care professional before or just after the first elements start to appear, because good oral hygiene begins with the first milk teeth.

Question 2. Preventive and curative treatment for children with deciduous (milk) teeth. There are four subsections here:

- 2.1 How can dental caries be prevented in children with milk elements?
- 2.2 How can enamel lesions in milk elements be treated?
- 2.3 How can non-cavitated dentine lesions in milk teeth be treated?
- 2.4 How can cavitated dentine lesions in milk teeth be treated?

These questions are dealt with in a flow chart at the end of this summary.

Question 3. Preventive and curative treatment for children with permanent teeth. There are four subsections here:

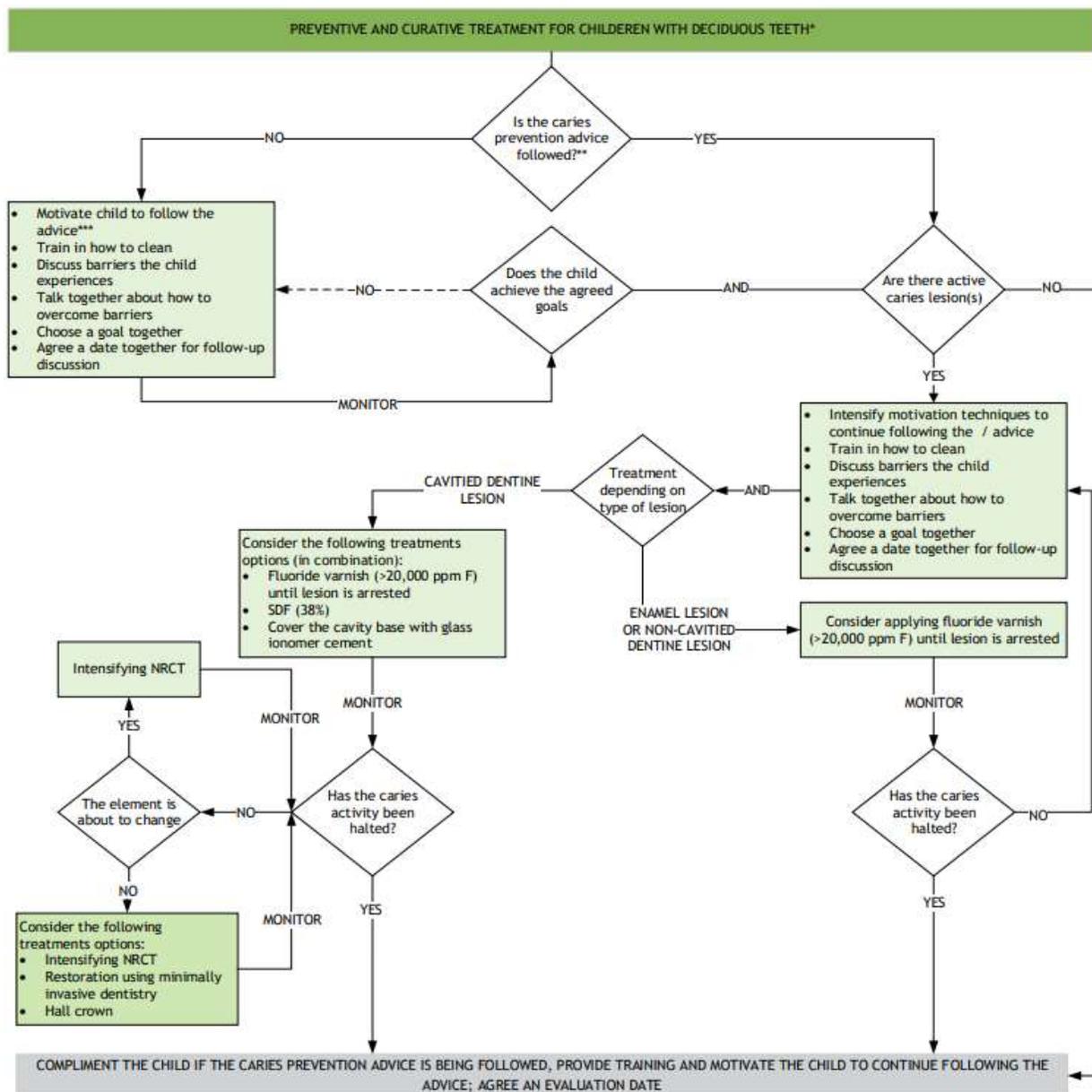
- 3.1 How can dental caries be prevented in children with permanent elements?
- 3.2 How can enamel lesions in permanent elements be treated?
- 3.3 How can non-cavities dentine lesions in permanent elements be treated?
- 3.4 How can cavities dentine lesions in permanent elements be treated?

These questions are dealt with in a flow chart at the end of this summary.

Question 4. How should dental care for children be organised?

- Consider seeking cooperation with other relevant partners, such as paediatric healthcare (JGZ), in order to reach parents of children who do not visit a dental care professional through this network.
- If the caries prevention advice is not adequately followed and repeated motivational talks and training do not achieve the desired improvement, consider referring the child to a dental care professional with an affinity with children or to paediatric healthcare (JGZ).

Preventive and curative treatment for children with deciduous (milk) teeth flow chart



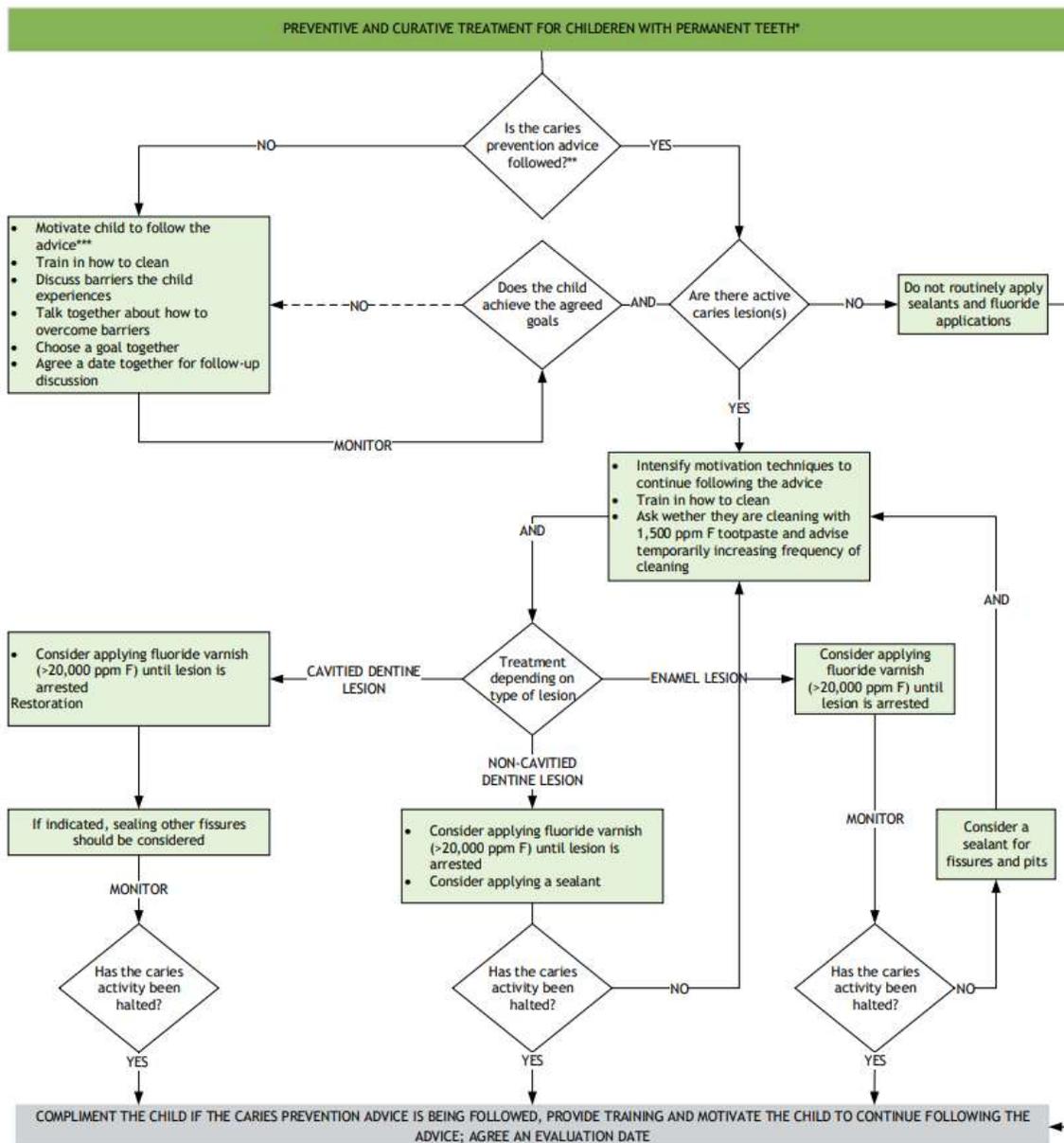
Any mention of ‘child/children’ denotes not only children or adolescents but also parents and/or carers.

* Consider referring to a dental care professional with an affinity for children if motivation, instruction and training are ineffective and caries lesions continue to manifest.

** Advies Cariëspreventie, Ivoren Kruis 2011

*** Identify unhealthy behaviour and motivate children and parents/carers to change unhealthy (risky) behaviour using motivational interviewing; develop motivational interviewing skills.

Preventive and curative treatment for children with permanent teeth flow chart



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