

Smile Solutions



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Agenda

- Emergencies
- Dental homes
- Referrals
- Specialist referrals
- Office policies
- Teledentistry





Dental Care: Teeth Tips

Tips for a Healthy Mouth



Routine Dental
Check-ups



Brush Twice a Day
Floss Once a Day



Avoid Sugary Drinks
and Snacks



Drink Water

First Tooth, First Birthday, First Dental Visit

It's recommend as soon as 6 months after the first tooth erupts or by about 12 months at the latest. Cavities can start forming as soon as a tooth erupts, so a healthy diet and oral hygiene is important to begin early.

Dental Emergencies

Tooth Loss or Displacement

- Seek dental treatment as soon as possible; timing is critical in cases of replacement. If possible, try to keep the tooth with you, but make sure you hold it from the crown and not the root. Place the tooth in a bowl of Hank's balanced salt solution, saliva, milk, or water so that the dentist can try to revive it. If your child loses a baby tooth, the dentist may not try to replace the tooth, as it can impact the upcoming permanent tooth.

Dental Abscess

- An abscess is an infection that occurs in the roots of a tooth. Some symptoms of abscess or infection are: fever, bad breath, severe tooth/gum pain, bad taste in the mouth, swollen gums. If a child is experiencing any of these symptoms, seek dental care as soon as possible.

Two Most Common Pediatric
Dental Emergencies:

Tooth Loss or Displacement

Dental Abscess/Infection

DENTAL TRAUMA: PRIMARY TEETH REFERRAL GUIDELINE

URGENT WITHIN 6 HOURS

SYMPTOMS

Avulsion: Tooth knocked out



Luxation: Tooth moved from original position



Chip/Fracture:

- Tooth is visibly cracked, surface feels different, strange, or sharp when chewing or on tongue
- Sensitive to touch, hot and cold

Crown Fracture (no pulp exposed)



Crown Fracture (exposed pulp)



Crown Root Fracture



Soft Tissue Trauma/severe bleeding



Loosened tooth, Tender to touch

- Assess looseness and if tooth is choking hazard



From the First Tooth Informational Pages

SUGGESTED PREVISIT WORKUP

Avulsion: Tooth knocked out

- Baby teeth should NOT be replanted because of potential damage to permanent teeth
- Refer to pediatric dentist as soon as possible to lessen discomfort and avoid possible infection
- Rinse mouth with water and apply cold compresses to reduce swelling

Luxation: Tooth moved from original position

- Assess the patient's bite by asking the child to say "cheese" or the letter "E". Determine whether the luxated tooth is interfering with the bite closure.
- If unable to bite, immediately refer to pediatric dentist as soon as possible to assess for repositioning or extraction

Chip/Fracture:

- Inquire about pain to hot and/or cold exposures. This may indicate dentin and/or pulp exposure.
- A referral to a pediatric dentist is recommended as soon as possible to lessen discomfort and avoid possible infection
- Pediatric dentist can assess for restoration or extraction

Soft Tissue Trauma:

- Gently wash and rinse wound with soap and water, and carefully remove debris by hand
- Apply direct pressure with gauze to control bleeding. If bleeding not controlled, call dentist or go to emergency clinic immediately
- Examine face, lips, and oral musculature for signs of fractures, abnormal tooth position, and tooth mobility.

Loosened tooth, Tender to touch

- If moderately loose, and not a risk for choking, wait and monitor on a regular basis to make sure that ligament has healed.
- If significantly loose and choking hazard, remove tooth.

DENTAL TRAUMA: PERMANENT TEETH REFERRAL GUIDELINE

IMMEDIATE

WITHIN 60
MINUTES

SYMPTOMS

Avulsion: Tooth knocked out



SUGGESTED PREVISIT WORKUP

- Avulsion:
- Call Dentist immediately
 - If tooth is free from debris, re-implant on site
 - If covered in debris, or unsafe to re-implant, put tooth in clean container with cold milk or patient/parent's saliva
 - Do not store tooth in water
 - Systemic antibiotics should be considered in case of permanent tooth avulsion
 - Tetracycline for older patients
 - Penicillin V or Amoxicillin for younger patients

URGENT

WITHIN 6 HOURS

SYMPTOMS

Luxation or Tooth moved from original position: Teeth driven into or partially out of the jaw, pushed out of alignment



Chip/Fracture with pulp exposed or ongoing pain and throbbing

Root Fracture



Soft Tissue Trauma

SUGGESTED PREVISIT WORKUP

- Luxation:
- Gently reposition tooth to original position. If tooth remains mobile, referral is recommended to dentist for assessment of splinting.
- Chip/Fracture with pulp exposed:
- Inquire about pain to hot and/or cold exposures. This may indicate dentin and/or pulp exposure.
 - Store broken tooth fragments in cold milk or patient's saliva
- Soft Tissue Trauma:
- Gently wash and rinse wound with soap and water, and carefully remove debris by hand
 - Apply direct pressure with gauze to control bleeding
 - Examine face, lips, and oral musculature for signs of fractures, abnormal tooth position, and tooth mobility

LESS URGENT

WITHIN
12-24 HOURS

SYMPTOMS

Chip/Fracture:

- Tooth is visibly cracked, surface feels different, strange, or sharp when chewing or on tongue



Loosened tooth or one tender to touch

SUGGESTED PREVISIT WORKUP

- Chip/Fracture:
- Inquire about pain to hot and/or cold exposures. This may indicate dentin and/or pulp exposure.
 - Locate and store any lost tooth fragments in cold milk
 - Referral to dentist is recommended as soon as possible to lessen discomfort and avoid possible infection
- Loosened tooth or one tender to touch:
- If tooth is not very loose, monitor for changes in looseness or discoloration. If discoloration or any change occur, then referral to dentist is recommended.



From the First Tooth Informational Pages

DENTAL CARIES: PRIMARY TEETH REFERRAL GUIDELINE

HIGH RISK

SUGGESTED EMERGENT CONSULTATION

SYMPTOMS

Cavitation (advanced disease), including pain/swelling, and possible infection

Family history or sibling with sign of decay

Special health care needs



MODERATE RISK

SUGGESTED CONSULTATION OR CO-MANAGEMENT

SYMPTOMS

One or more behavioral risk factors*

White spot lesions (early stage disease)

Enamel defects, or other dental concerns



LOW RISK

SUGGESTED ROUTINE CARE

SYMPTOMS

No behavioral risk factors*

No decay or other conditions

No health concerns and following good dental home care

- Daily brushing with fluoride toothpaste for at least 2 minutes each time
- Limit juice/sweetened beverages
- Avoid sticky and/or sugary foods



SUGGESTED PREVISIT WORKUP

Apply fluoride varnish

Urgent referral to dentist

Ongoing oral health screening every 6 months

Ongoing health risk assessment every 6 months until age 3

Ongoing dietary counseling and hygiene instruction

SUGGESTED WORKUP

Apply fluoride varnish

Referral to dental provider within 10-20 days

Ongoing oral health screening every 6 months

Ongoing health risk assessment every 6 months until age 3

Ongoing dietary counseling and hygiene instruction

SUGGESTED WORKUP

Ongoing oral health screening every 6 months

Ongoing health risk assessment every 6 months until age 3

Ongoing dietary counseling and hygiene instruction

Recommendation or referral to dental provider



From the First Tooth Informational Pages

DENTAL CARIES: PERMANENT TEETH REFERRAL GUIDELINE

HIGH RISK

SUGGESTED EMERGENT CONSULTATION

SYMPTOMS

Cavitation (advanced disease), including pain/swelling, and possible infection

Family history or sibling with sign of decay

Special health care needs



SUGGESTED PREVISIT WORKUP

Head, Ears, Eyes, Neck and Throat Assessment, which includes oral cavity

Urgent referral to a dentist

Ongoing dietary counseling and hygiene instruction

Ongoing oral health screening

MODERATE RISK

SUGGESTED CONSULTATION OR CO-MANAGEMENT

SYMPTOMS

White spots or cavities (early stage of disease)

Enamel defects, or other dental concerns

Special health care needs



SUGGESTED WORKUP

Head, Ears, Eyes, Neck and Throat Assessment, which includes oral cavity

Referral to dental provider within 10-20 days

Ongoing dietary counseling and hygiene instruction

Ongoing oral health screening

LOW RISK

SUGGESTED ROUTINE CARE

SYMPTOMS

Healthy teeth, no decay or other concerns

No health concerns and following good dental home care

- Daily brushing with fluoride toothpaste for at least 2 minutes each time
- Limit juice/sweetened beverages
- Avoid sticky and/or sugary foods



SUGGESTED WORKUP

Verify and document last dental care appointment and fluoride varnish in medical record

Document dental home in medical record

Ongoing dietary counseling and hygiene instruction

Ongoing oral health screening




From the First Tooth Informational Pages

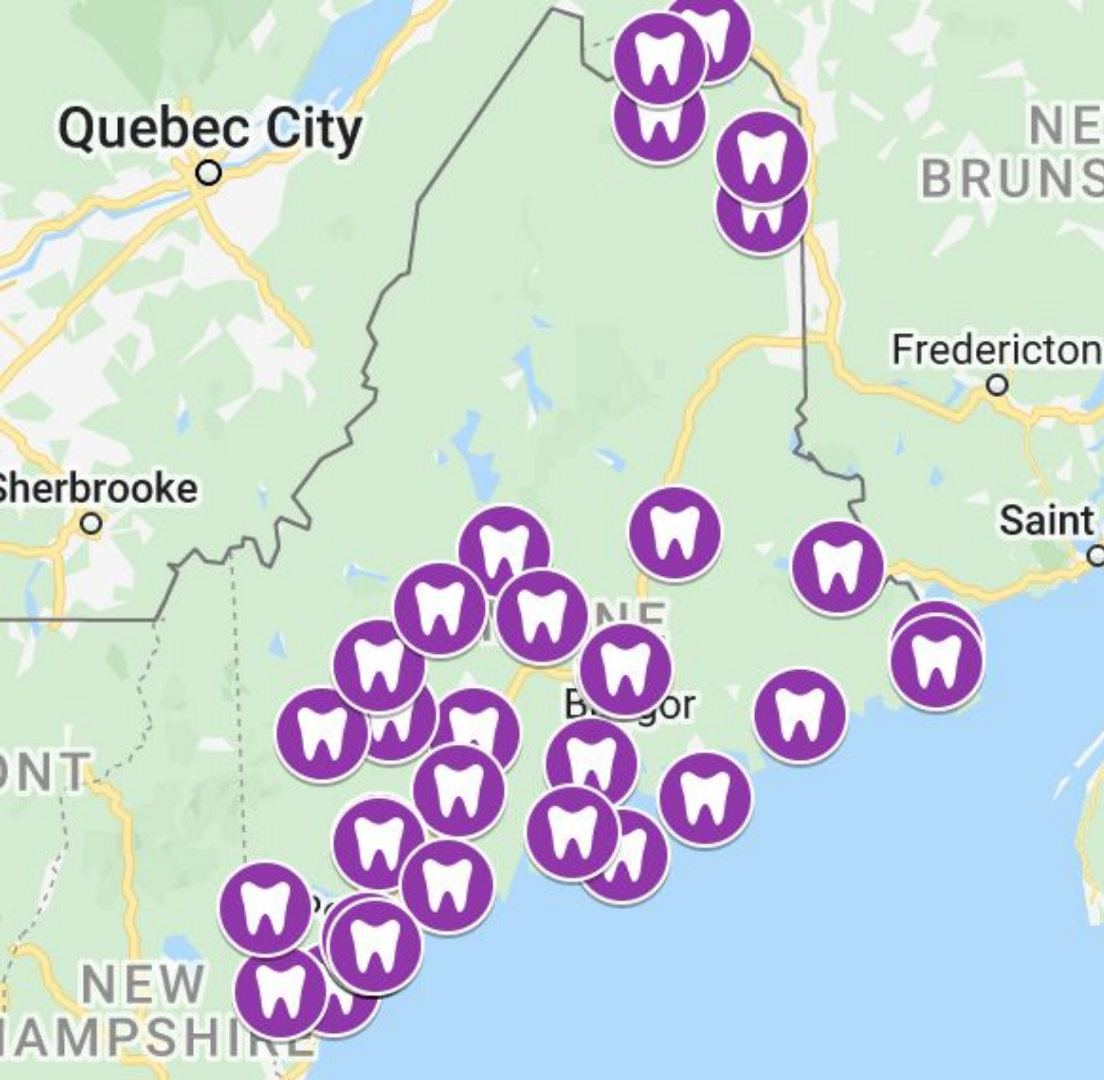


Access to Dental Care

Establishing a dental home for a child is very important, but not all dental offices are accepting new patients or participate with MaineCare or Medicaid insurance. Here are some ways to find a dentist for a child entering the foster care system:

- Call MaineCare: (800) 977-6740
(select 1 (for English), select 0, and then select 2)
 - Check the Partnership for Children's Oral Health dental clinic map
www.maineconh.org/maine-dental-access-map
 - Check the list on Consumers for Affordable Health Care website
www.maineahc.org/guide-to-maine-health-care/other-helpful-programs/dental-help/
 - Visit www.findhelp.org enter your zip code and choose Dental Care
 - New pediatric patients and walk-in emergencies are welcome at the University of New England's Oral Health Center in Portland, ME
Phone: (207) 221-4747
Email: oralhealthcenter@une.edu
Address: 1 College St., Portland, Maine
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Access to Dental Care Resources



Sites Across Maine

<https://www.maineconh.org/maine-dental-access-map>

- urgent or routine oral health needs
- All of these sites accept MaineCare

Another Resource for Dental Clinics

Last Updated 28FEB2022

Low-Cost Dental Clinics

Where to find low-cost or free dental care in Maine

How to Use This Flyer

Find your county and see if there is a low-cost or free Dental Clinic that can help you.

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Cumberland	Page 2-3
Franklin	Page 3
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MaineCare covers all dental services for children and young adults under age 21 **and** covers limited dental services for adults. Adult care is limited to services that prevent tooth decay and periodontal gum disease. In some cases, MaineCare covers dentures.

Adults with MaineCare who meet the following criteria are eligible for adult dental services through MaineCare:

- Twenty-one years or older in pain,
- have an infection, or
- are at risk of imminent tooth loss

MaineCare Member Services can provide more information on dental facilities in Maine that accept MaineCare. They are also able to provide information about which dental services are covered by MaineCare. Call 1-800-977-6740 for help.

Still need help? Some clinics provide dental care on a "sliding-scale" basis to people with limited or no dental coverage. Use this guide to find dental clinics in your area or use this link to see a map of dental clinics in Maine near you. <https://www.maineconh.org/maine-dental-access-map>

Remember, some dental clinics have restrictions on who they help but sometimes, things change. It is always best to call a clinic directly to confirm their location and services.

If you don't find what you need, or if you have questions about any of the information in this flyer, please call our Consumer Assistance HelpLine at **1-800-965-7476**.

Use the table of contents to the left to find care facilities that provide low-cost or free dental care near you.



Consumers for Affordable Health Care

Consumer Assistance HelpLine:
1-800-965-7476
www.maineconh.org

PO Box 2490
Augusta, ME
04338-2490

Androscoggin County

Auburn: CCS Dental Services, 207-755-3456
Serves: Children & young adults under age 21 with MaineCare or self-pay
Cost: Sliding-scale fees; accepts MaineCare

Lewiston: Community Dental, (serves all) 207-777-7442
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Leeds & Turner: DFD Russell Health Center, 207-524-3501 & 207-225-2676
Serves: Current DFD patients only, dental hygiene only
Cost: Sliding-scale fees; accepts MaineCare & private insurance
***See Also Other Programs**

Aroostook County

Fort Kent: Fish River Rural Health, Bolduc Avenue Health Center, (serves all) 207-834-3012
Cost: Sliding-scale fees; accepts MaineCare & private insurance
***Offers denture services**

Eagle Lake: Fish River Rural Health, Eagle Lake Health Center, (serves all) 207-444-3012
Cost: Sliding-scale fees; accepts MaineCare & private insurance
***Offers denture services**

Ashland & Houlton: Katahdin Valley Health Center Dental Clinic, (serves all) 1-866-366-5842
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Madawaska: Fish River Rural Health, Madawaska Community Health Center, (serves all) 207-728-3119
Cost: Sliding-scale fees; accepts MaineCare & private insurance
***Offers denture services**

Presque Isle: St. Apollonia Dental Clinic, 207-554-5045
Serves: Children and young adults under age 21
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Caribou: Pines Health Services, Women & Children's Center, 207-498-6921
Serves: Children
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Cumberland County

Bridgton: DFD Russell Medical Center, 207-647-2311
Serves: Current DFD patients only, dental hygiene only
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Portland: Community Dental, (serves all) 207-874-1028
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Portland: Greater Portland Health (6 locations), 207-874-2141
Serves: Greater Portland Health primary care patients only
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Portland: University of New England Oral Health Center, (serves all) 207-221-4747
Cost: Discounts and reduced fees; accepts MaineCare & some private insurances
***Offers denture services**
***See Also Other Programs**

Franklin County

Farmington: Community Dental, (serves all) 207-779-2659
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Strong: HealthReach - Strong Area Health Center, (serves all) 207-684-3045
Cost: Sliding-scale fees; accepts MaineCare & private insurance
***Offers denture services**
***See Also Other Programs**

Hancock County

Bucksport: Regional Health Center, (serves all) 207-902-1100
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Southwest Harbor: Community Dental Center, (serves all) 207-244-2888
Cost: Sliding-scale fees; accepts MaineCare & private insurance
***See Also Other Programs**

Kennebec County

Oakland: Waterville Community Dental Center, (serves all) 207-861-5801
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Monmouth: DFD Russell, 207-933-9646
Serves: Current DFD patients only, dental hygiene only
Cost: Sliding-scale fees; accepts MaineCare & private insurance

Augusta: Kennebec Valley Family Dentistry, (serves all) 207-623-3400
Cost: Sliding-scale fees; accepts MaineCare & some private insurances
***See Also Other Programs**



Consumers for Affordable Health Care

Consumer Assistance HelpLine:
1-800-965-7476
www.maineconh.org

PO Box 2490
Augusta, ME
04338-2490

Referral Template

[Clinic Name]
[Street Address, City, ST ZIP Code]
[Phone]
[Fax]
[Email]

Patient Name: _____

Patient DOB: ____ / ____ / ____

To whom it may concern,

Our mutual patient has presented for their comprehensive examination upon entrance into the foster care system and exhibits the following dental symptoms:

- ☐ Tooth/gum pain
- ☐ Dental abscess/infection
- ☐ Cavities
- ☐ Other: _____

Please evaluate the patient's comprehensive dental care needs and contact our office with any questions regarding medical status.

Respectfully,

Dr. _____

Sites specific to 3 clinics

- Spurwink - Portland - UNE Oral Health Center
- Midcoast - Augusta - Kennebec Valley or Waterville Valley
- PCHC - Bangor - PCHC dental



Questions we asked dental practices



- Do you accept NEW Mainecare patients?
- Do you accept children?
- Do you have a waitlist for Mainecare?
- Do you have any anxiolytic treatment options i.e. nitrous?
- What is your LOE (limited oral evaluation) process?
- What is your cancellation/no show protocol?



Spurwink - Portland - UNE Oral Health Center

- **Same day walk-in**
- **Services**
 - Facial or oral swelling
 - Broken, chipped, or cracked tooth
 - Lose or knocked out tooth
 - Oral bleeding
 - Root canals and surgical extractions
 - Nitrous
- **Mainecare accepted**
- **Monday- Thursdays 8am or 1pm appt**
- (207) 221-4747 or **email oralhealthcenter@une.edu**



Midcoast - Augusta - Kennebec Valley Family Dentistry

- Ideal location - co-located
- Pediatric patients accepted
- Accepts new MaineCare patients, and they prioritize kids.
- 2 externs from UNE
- Bonnie Vaughan - Executive Director for Kennebec Valley Family Dentistry
- (207) 623-3400 and her email is bssvaughan@msn.com



Midcoast - Augusta -Waterville Family Dentistry

- Accept MaineCare
- Large percentage of children
- 3 UNE externs
- Waitlist due to staffing
- Ability to do nitrous and sedation cases
- LOEs on first come first serve priority
- Emergency clinic on Tuesdays and Thursdays
- Policy: within 15 minutes of their appointment time, after the third no show or same day cancellation patients are dismissed unless they can prove some sort of medical/legal issue that kept them from following up
- Contact
 - front desk staff Ms. Jorgensen jax.jorgenson@gmail.com
 - Clinical Director Dr. Kailee Williams, DMD



PCHC - Bangor - PCHC dental

Danica Loring, CDA, EFDA, Dental Practice Director

Penobscot Community Health Care

1048 Union Street | Bangor, Maine 04401

Phone: 207-992-2152 ext. 2809



Specialists

- Wee Care
 - Bangor Children's Dentistry.
 - Sedation cases
 - Children <5 years old

- Dr. Thakker on OS in Portland
 - Surgical extractions
 - Wisdom teeth removal
 - Oral pathology



Ortho

- Jesse Albert
171 Congress Ave, Bath, ME 04530
(207) 443-9721



Special Care Dental Needs

- Dr John Willis Jr.
 - <https://www.falmouthpediatricdentistry.com/team>
- Dr Mike Dowling
 - <https://www.dirigoteeth.com/our-team>
- Dr Aaron Schmick
 - <https://www.childrensdentistryofme.com/dr-schmick>



Independent Dental Hygienists booking out 1 month or less

- Bridgton Dental Hygiene Care, Bridgton
- Saulter Dental Hygiene Center, Waterville
- Main St Dental Hygiene, Mexico
- Smiles for Life PA, Dexter
- Heavenly Smiles, North Hampden
- Katie Simpson, RDH, Dover-Foxcroft
- Searsmont Oral Wellness, Searsmont
- Hygiene Prevention is Key, Milbridge



Office Cancellation Policy Letter

- Stating legal change in guardianship
(with legal documentation if possible)
- Requesting dental care for child regardless
of past history of appointment failures or last
minute cancellations
- Providing contact information for the
resource parent, social worker, and/or
medical provider



Teledentistry

- Possible integration of dental exams during intake exams
- Information gathering by EFDA
- Would require additional funding/infrastructure



Thank you

