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
- 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:
- 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 chocking hazard

SUGGESTED PREVISIT WORKUP

Avulsion: Tooth knocked out
- 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

Chip/Fracture:
- 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

Soft Tissue Trauma:
- Loosened tooth, Tender to touch
  - If moderately loose, and not a risk for choking, wall 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 mucosalure 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
- Refer 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**

- 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**

- One or more behavioral risk factors*
- White spot lesions (early stage disease)
- Enamel defects, or other dental concerns

## LOW RISK
**SUGGESTED ROUTINE CARE**

- 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

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**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

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From the First Tooth

Informational Pages
## DENTAL CARIES: PERMANENT TEETH REFERRAL GUIDELINE

### HIGH RISK
**SUGGESTED EMERGENT CONSULTATION**
- 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**
- 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**
- 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
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.mainechildrens.org/mainecare](http://www.mainechildrens.org/mainecare)
- Check the list on Consumers for Affordable Health Care website
- Visit [www.findhelp.org](http://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
Sites Across Maine

https://www.mainecohn.org/maine-dental-access-map

- urgent or routine oral health needs
- All of these sites accept MaineCare
Another Resource for Dental Clinics

Low-Cost Dental Clinics

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

MaineCare offers 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 both 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
- Are members of the MaineCare program
- Are residents of Maine

MaineCare Members 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 1-800-997-6740 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.

Portland:
- Portland: Community Dental Services, (serves all) 207-874-1628
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Portland: Greater Portland Health (6 locations), 207-874-2141
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Portland: University of New England Oral Health Center, (serves all) 207-221-4747
  - Cost: Discounts and reduced fees, accepts MaineCare and some private insurance
  - Offers dental services

Androscoggin County
- Auburn: CCS Dental Services, 207-355-9456
  - Services: 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 and private insurance
  - Services: Current DFD patients only, dental hygiene only
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance

Aroostook County
- Fort Kent: Fish River Rural Health, 1622 Avenue Health Center, (serves all) 207-834-3013
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
  - Offers dental services
- Eagle Lake: Fish River Rural Health, 1622 Avenue Health Center, (serves all) 207-444-3013
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
  - Offers dental services
- Aroostook & Houlton: Katahdin Valley Health Center Dental Clinic, (serves all) 1-860-366-5454
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
  - Offers dental services
- Madawaska: Fish River Rural Health, Madawaska Community Health Center, (serves all) 207-238-3119
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
  - Offers dental services
- Presque Isle: St. Apolonia Dental Clinic, 207-554-5054
  - Services: Children and young adults under age 21
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Caribou: Pines Health Services, Women & Children’s Center, 207-438-6921
  - Services: Children
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance

Cumberland County
- Bridgton: DFD Russell Medical Center, 207-647-2311
  - Services: Current DFD patients only, dental hygiene only
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Augusta: Kennebec Valley Family Dental, (serves all) 207-832-3100
  - Cost: Sliding-scale fees, accepts MaineCare and some private insurance

Kennebec County
- Waterville: Waterville Community Dental, (serves all) 207-861-5501
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Monmouth: DFD Russell, 207-933-0045
  - Services: Current DFD patients only, dental hygiene only
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Augusta: Kennebec Valley Family Dental, (serves all) 207-832-3100
  - Cost: Sliding-scale fees, accepts MaineCare and some private insurance
  - Offers dental services

Franklin County
- Farmington: Community Dental, (serves all) 207-736-2359
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Strong: HealthReach - Strong Area Health Center, (serves all) 207-692-3045
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
  - Offers dental services

Hancock County
- Bucksport: Regional Health Center, (serves all) 207-244-9296
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Southwest Harbor: Community Dental Center, (serves all) 207-244-9296
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
  - Offers dental services

Hiroshima County
- Cold Spring: St. Apolonia Dental Clinic, 207-554-5054
  - Services: Children and young adults under age 21
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance
- Caribou: Pines Health Services, Women & Children’s Center, 207-438-6921
  - Services: Children
  - Cost: Sliding-scale fees, accepts MaineCare and private insurance

 consumer assistance
 home help line: 1-800-997-6740
 www.mainehealth.org

Consumer Assistance Help Line: 1-800-997-6740
www.mainehealth.org
[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
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 Cancelation 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