Factors increasing risk for future cavities may include, but are not limited to:¹

- High Risk Factors
  - 3 or more carious lesions/restorations in last 36 months
  - Teeth missing due to caries in last 36 months
  - Cariogenic diet (frequent high sugar and acidic food/drinks)
  - Xerostomia (medication, radiation, disease induced)
  - Chemo/radiation therapy
  - Physical or mental disability which prevents proper oral health care

- Moderate Risk Factors
  - Active caries in previous 12 months
  - Poor oral hygiene
  - High titers of cariogenic bacteria
  - Active orthodontic treatment (fixed or removable)
  - Poor family dental health
  - Genetic abnormality of teeth
  - Suboptimal fluoride exposure
  - Irregular professional dental care

- Low Risk
  - No factors checked

- Moderate Risk
  - Only moderate risk factors checked

- High Risk
  - At least one condition in high risk checked

Diagnosis

- Low Risk = no factors checked
- Moderate Risk = only moderate risk factors checked
- High Risk = at least one condition in high risk checked

Proposed treatment for improved prognosis:

The American Dental Association recommends the use of in-office fluoride varnish or a 4 minute (APF) gel every 3–6 months and home use prescription strength fluoride toothpaste or rinse for patients who are at an elevated risk for caries.²

¹ This form is adapted from the American Dental Association Publications — Caries Risk Assessment Form (Age > 6)