

Missouri Preventive Services Program

Promoting healthy smiles for all of Missouri's children



What is PSP?

The Preventive Services Program (PSP) prevents and identifies tooth decay in Missouri children. This is a free, community based oral health program with four simple steps.

Children will receive an oral health review by a dental or medical professional, a fun lesson on basic oral hygiene, an application of protective fluoride varnish and referrals for those who need follow-up care.

What is Fluoride Varnish?

The fluoride varnish is painted on the children's teeth with a disposable brush to help prevent tooth decay and cavities. The varnish dries quickly to allow children to eat and drink after application. It is safe and beneficial for all ages.



Who Should Get Fluoride Varnish?

While people of all ages can benefit from fluoride varnish, some are at a higher risk for tooth decay or cavities. Risk factors may include children who:

- Have a parent with a history of tooth decay or cavities.
- Use a bottle after one year of age.
- Have white spots on teeth.
- Have a developmental disability.
- Snack throughout the day.
- Have had previous tooth decay or cavities.



For more information on oral health, visit OralHealth.Mo.Gov or scan the QR code.

Important Daily Home Care

How to practice standard oral health care



Brushing - twice a day

- Brush in the morning and before bed with a soft-bristled toothbrush.
- Use a pea-sized amount of fluoride toothpaste for ages 3 and up, or an amount the size of a grain of rice for anyone under 3.
- Gently brush the outside, inside and chewing surfaces of all teeth. Angle the brush against the gum line and focus on 2 to 3 teeth at a time.
- Brush for 2 minutes using back-and-forth or circular motions.
- Brush the tongue to remove bacteria and freshen breath.



Flossing - once a day

- Wrap 18 inches of floss around the index fingers, leaving 1 or 2 inches of floss between the fingers.
- Use a C-shaped motion to move the floss up, down and around the sides of each tooth.

It is no secret that ***what you eat matters.*** Healthy foods keep your teeth and body strong. It is important to limit sugary foods and drinks to prevent tooth decay and cavities. A balanced diet consisting of plenty of fruits and vegetables, lean meats and fluoridated water is necessary for overall health.

Visit the dentist at least once a year for a check-up.

This project is/was funded in part by the Missouri Department of Health and Senior Services Title V Maternal Child Health Services Block Grant and is/was supported by the Health Resources Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant #B04MC47428, Maternal and Child Health Services for \$12,834,718, of which \$0 is from non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

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