

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 a basic screening by a dentist or dental hygienist, 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.

TO BE COMPLETED BY INDIVIDUAL CONDUCTING ORAL HEALTH REVIEW AND SENT HOME WITH CHILD.

Child's Name: _____ Date: _____

Your child received an oral health screening today. This screening does **not** replace the normal, yearly dental check-up.

Dental x-rays were **not** taken. The oral screening shows the following need for your child:

- ☐ **No need for dental treatment.** Continue regular check-ups.
- ☐ **Need dental treatment within 4-8 weeks,** possible cavity. Please make a dental appointment.
- ☐ **Need urgent dental treatment within 24-48 hours,** due to toothache, cavity, or infection.
Please make a dental appointment as soon as possible
- ☐ **Fluoride varnish applied.**
- ☐ **Child was absent and not did not receive fluoride varnish and screening,** it is recommended to follow -up with your school nurse and to visit your dentist twice a year
- ☐ **Child refused fluoride varnish and screening,** it is recommended to follow -up with your school nurse and to visit your dentist twice a year.

Helpful Tips

Brushing - Twice a day

- Brush morning and night with a soft toothbrush.
- Use a pea-sized amount of fluoride toothpaste (rice-sized for under 3).
- Using gentle back-and-forth or circular motions, brush all tooth surfaces at the gumline for 2 minutes.
- Brush the tongue.

Flossing - Once a day

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

Talk to your child about oral health! Visit our web page at oralhealth.mo.gov.
For more information on where to find a dental home, please visit Delta Dental's Resource Guide at <https://www.deltadentalmo.com/resourceguide>.

