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One world. For everyone.

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# Bancroft's Guidebook to **Outstanding** **Dental Hygiene**

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# Oral Healthcare Considerations for People with Developmental Disabilities

People with developmental disabilities are often more prone to dental disease for a number of reasons.

- **Oral conditions:** Some genetic disorders can cause defects in tooth enamel that make teeth prone to decay. Some people with developmental disabilities can have very rigid or loose chewing muscles; this can lead to drooling, gagging and swallowing problems that can complicate oral health care. Gum problems are also often seen in people with developmental disabilities.
- **Physical limitations:** People who can't chew properly can't benefit from the natural cleaning action of the tongue, cheek and lip muscles. People with physical limitations may not be able to brush and floss their own teeth.
- **Special diets:** People who have difficulty chewing and swallowing may require pureed foods that do not provide the natural cleansing action that courser foods provide. Sweets used to reward good behavior can increase the chance of tooth decay. People who need help drinking may consume less fluid than other people, so they don't have enough fluid in their mouth to help wash away food particles.
- **Medications:** If taken for an extended period, liquid medications containing syrup can cause tooth decay. Some seizure medications can cause bleeding or an overgrowth of gum tissue that can hamper chewing and lead to gum disease. Sedatives, antihistamines, and some psychiatric medications can reduce saliva flow. With less saliva there is less cleansing action to help protect against cavities.
- **Oral Habits:** Some damaging habits associated with developmental disabilities are teeth grinding, food *pouching*<sup>1</sup>, mouth breathing and *tongue thrusting*<sup>2</sup>. These can lead to problems in oral health. Self-injurious behaviors, pica and *ruminatio*<sup>3</sup> can also be damaging.
- Because people with developmental disabilities are often not good candidates for dentures and other tooth replacement options, disease prevention is critical. This booklet is intended to provide practical solutions to the barriers that are frequently seen when providing oral healthcare to those with intellectual and developmental disabilities.

## Tooth-Brushing

The most important part of maintaining good oral health is daily *oral hygiene*<sup>4</sup>. Brushing, rinsing and flossing daily can help prevent problems in the future. Everyone, regardless of their ability, should brush at least once daily and ideally twice daily. If the person can only tolerate daily brushing, it is best to brush before bed. Flossing and rinsing are equally important but can be difficult for persons with developmental challenges.

The basics to good brushing include:

- Use the right size toothbrush; generally smaller is better.
- Use a brush with soft bristles.

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1 **Pouching:** The placement of food, medicine or other substances in the cheek for lengthy periods of time.

2 **Tongue thrusting:** Protrusion of the tongue from the mouth.

3 **Rumination:** chewing on regurgitated food.

4 **Oral hygiene:** the process of maintaining cleanliness of the teeth and related structure.

- Use a pea-sized amount of toothpaste with *fluoride*<sup>5</sup>.
- Tilt the bristles (45 degree angle) - this will help remove debris below the gum line.
- Brush teeth gently. Brushing too hard can cause gum damage.
- Use short back and forth or circular motion to remove *plaque*<sup>6</sup>.
- Brush all sides of every tooth: the outside, the tongue side and the chewing surfaces.
- Brush the tongue to remove bacteria and to freshen breath.
- Rinse with plain water.

Brush for at least 2 minutes. Replace your brush when the bristles become worn, every 3 months, and after an illness such as a cold or flu.

If the individual can brush his/her own teeth but requires some extra support, consider the following:

- Make the toothbrush easier to hold: for example, add a Velcro strap
- Make the toothbrush handle bigger or purchase a toothbrush with a larger handle
- Use a power toothbrush
- Try hand-over-hand assistance: gently help guide the toothbrush.

If the above suggestions do not help, you may need to brush their teeth yourself.

## Flossing

Flossing cleans between the teeth where a brush can't reach. It doesn't matter if you use waxed, unwaxed, flavored or plain; however waxed, coated floss may slide more easily between the teeth. Floss at least once daily.

For conventional flossing:

- Wind an 18 inch piece of floss loosely around your middle finger.
- Pinch 1 inch of floss between index fingers and thumb.
- Work the floss gently between the teeth until it reaches the gumline.
- Curve the floss around the tooth in a C-shape.
- Gently scrape the tooth up and down with the floss.
- Do this for both sides of every tooth.
- Use a new clean section of the floss for each tooth.

If dexterity is an issue, it may be easier to use a floss holder. If you haven't flossed in a while, you may see a little, red tinge of blood on the floss. This indicates that your gums are slightly swollen and in need of flossing to remove bacteria. This will improve with regular flossing.

## Rinsing

The dentist may prescribe a special rinse. Fluoride rinses can help reduce cavities. Chlorhexadine rinses (antimicrobial rinse) fight germs that cause gum disease. Instruct the individual not to swallow any of the rinse. If the person is unable to rinse without swallowing, use a cotton swab or toothbrush to apply the rinse to his/her teeth.

General rinsing instructions:

- Use the recommended dose of rinse
- Swish for 60 seconds and rinse out

<sup>5</sup> **Fluoride:** a naturally occurring element that strengthens enamel helping teeth to resist decay.

<sup>6</sup> **Plaque:** a sticky, colorless film of harmful bacteria, mucus and other particles that constantly form on teeth

After a fluoride rinse, it is best not to eat or drink for 30 minutes to get the full fluoride protection.

## Denture Care

Dentures replace natural teeth lost because of a health condition or injury. The artificial teeth fit in the mouth, allowing a person to eat normally. Denture care is the maintenance of removable, artificial teeth. Full or complete dentures replace all teeth in the upper jaw, lower jaw or both jaws. Partial dentures replace some teeth. Partial dentures can be fixed or removable.

### Dental Hygiene

- Thoroughly clean dentures twice daily.
- Dentures are fragile and can break easily; therefore, hold dentures over a towel or basin of water when cleaning.
- Rinse dentures thoroughly to remove loose food particles. Use cool or warm water. Never use hot water as it can warp the dentures.
- Apply a denture cleaning paste to a moistened denture brush or a soft-bristled toothbrush. Do not use ordinary toothpaste, bleach, vinegar, or soap unless directed to do so by the dentist. Power assisted toothbrushes should not be used.
- Rinse denture well with water to remove all traces of cleaning paste.
- It is preferable to leave dentures out while sleeping, or for 6 hours during the day.
- Brush and massage the gums to clean away plaque and debris and to stimulate circulation.
- For partial dentures use a different toothbrush for denture and natural teeth.

### Denture Storage

- After cleaning, store the dentures in water or a cleanser in a covered container recommended by the dentist.
- Keep the container in a safe place inaccessible to children or house pets.

### Eating

- New denture wearers should cut food into small pieces. Avoid raw vegetables, fibrous meats, and sticky foods until experience has been gained.
- Experienced denture wearers may select a variety of foods but should not expect the same efficiency as with natural teeth.
- Take small portions and try to chew with some food on each side at the same time to stabilize the denture.

### Over-the-counter products

- Dentures should fit. Dental adhesive should be used only in an emergency.
- Extended adhesive use can conceal an infection.
- Consult your dentist before buying any adhesives or additives.
- Do not try to repair your own dentures.

### Speaking

- Speak slowly and quietly.
- Practice by reading aloud at home, preferably in front of a mirror, and repeat and practice words that seem the most difficult.

### Considerations/Complications:

- The process for making dentures generally starts with the dentist taking a wax impression of the patient's mouth.
- In order to obtain a properly fitting denture, cooperation while making the mold is crucial.

- A person with new dentures may experience an increase in saliva flow.
- Poorly fitting dentures, poor oral hygiene and wearing dentures too long can lead to sores in the mouth. Please visit the dentist if any sores are observed.
- Soreness is frequently a sign that dentures need adjusting.
- Dentures may need to be replaced every 5-10 years.
- Even people with a full set of dentures need to see the dentist at least annually to assure that the dentures fit properly and the patient's mouth is healthy.

NJ Medicaid and most HMO's will cover the cost of dentures initially and then every 7 ½ years. If the dentures need to be replaced within that timeframe, the cost may still be covered; however, prior authorization must be obtained.

## Providing Dental Care To Someone Else

Dental disease will develop without the necessary dental services, so for people who cannot adequately brush and floss, we need to provide care for them. Staff should wear gloves and a face shield if desired.

General tips when providing oral care:

- Gather supplies
- Create a calm quiet environment
- Explain in simple terms what you are doing
- If the person does better seated, sit the person down and stand to the side
- Have the person tilt their head back
- Using a soft toothbrush – tilt the brush at a 45 degree angle
- Use small circular motion to remove plaque
- Brush all sides of every tooth- outside, tongue side, and chewing surfaces.
- Brush tongue
- Have the person rinse with water
- If the person can tolerate flossing, use a floss holder with a long handle
- If a person cannot “swish and spit” a dental rinse, ask the dentist about soaking a toothette (sponge applicator: see product list on page 26) or a long cotton tipped applicator in a dental rinse and swabbing it on the gums

Providing oral care offers a good opportunity to assess pain. If the person has sensitive teeth, consider using a desensitizing toothpaste and rinse. Notify the dentist of any questionable dental infections. Please remember that bleeding is part of the healing process and should subside within two weeks of consistent care. A toothbrush with a small head or even a baby toothbrush may be better tolerated by those with developmental disabilities.

## Handling Resistance

**Do:**

- Always utilize proper and safe techniques for handling resistance from the person you support
- Be respectful of the individual's rights
- Develop a formal procedure for dental care and be consistent
- Consider a desensitization program especially for those who may scratch, bite and pull hair
- Request tips from the dentist and/or hygienist

**Don't:**

- Put your fingers in someone's mouth who has a history of biting
- Struggle with the person
- Restrain someone in order to brush his/her teeth

## Desensitizing

Some people who are very resistant to oral care may benefit by a desensitization program. By definition, it is a program of gradual introduction of individual parts of an activity so that the individual will eventually accept the whole activity. A dental desensitizing program may take a very long time. The keys are to be consistent and not lose hope. Depending on the disability, a person may do well and master one part quickly, but be unable to accomplish another part. It is important to remember that dental hygiene is the key to a person's overall health, and it is our responsibility as care givers and supporter to provide the best care possible.

Tips for a successful desensitization program:

- Create a comfort zone. Include environmental things that may comfort the person, such as a favorite article or music.
- Explain what are you are doing using a soothing tone.
- Remember to always start and proceed slowly, gradually increasing the level of intensity.
- Use positive reinforcement, verbal praise and reassurance.
- Minimize distractions.
- Use short explanations and simple language.
- Demonstrate oral hygiene procedures.
- Positioning: When assisting with oral care, it is best to stand behind the person when he/she is seated. This position provides stability and the best access to the person's mouth.
- Remember to change the brush often to keep the bristles soft as well as after illness.

Desensitization Steps:

1. Let the person hold an ultra soft baby toothbrush (or preferred brush)
2. If the person doesn't open his/her mouth, stroke the outside of the person's cheeks gradually working towards lips. This may take a few sessions.
3. Once the person can tolerate the soft brush on their lips, attempt to get the brush in the mouth.
4. If he/she does not open his/her mouth, try dipping the brush in water or a sweetened mouth rinse (bubble gum, etc).
5. Once the person opens his/her mouth, try to get him/her to brush a few teeth. Back teeth tend to be less sensitive for tactile defensive people.
6. Slowly work up to all teeth.
7. Now that the person is used to the toothbrush....it's time to add toothpaste.
8. Use a pea-sized amount of flavored toothpaste if desired.
9. Remember it may take you a long time to get to each step. Have patience!
10. At this stage you can utilize the regular tooth brushing tips. However, if you encounter resistance again, you should refer back to this section.

## Dental Concerns Related To Specific Disabilities

Diagnosis/Syndrome	Possible Concerns
Autism	Teeth grinding, self injurious behaviors, pica, food pouching, delayed tooth eruption
Cerebral Palsy	Swallowing difficulties, tongue thrusting, <i>malocclusion</i> , teeth grinding, difficult brushing and flossing, TMJ (temporomandibular joint disorder)
Down Syndrome	Delayed eruption of teeth, malocclusion, teeth grinding, mouth breathing and protruding tongue, periodontal disease (60-100%), * May require antibiotics prior to dental visit
Epilepsy	<i>Gingival hyperplasia</i> (from medication), increased risk of injury from falls
Fetal Alcohol Syndrome	Small lower jaw. Frequently needs orthodontic treatment
Fragile X	Hand biting
Mental Illness	Medication induced dry mouth, increased incidence of periodontal disease, muscle spasms and tics involving the jaw, lips and tongue
Prader-Willi Syndrome	Cavities, decreased tooth enamel, <i>gingivitis</i> , dry mouth
Rett Syndrome	Teeth grinding
Spina Bifida	Swallowing difficulties
Turner Syndrome	Small jaw, high arched palate, malocclusion, and premature eruption of permanent molars

## The Impact Of Medication And Nutrition

### Medication:

- Medications containing syrup can cause tooth decay if taken for a prolonged period of time. To help prevent decay, rinse mouth with water after taking liquid medications.
- Some sedatives and antihistamines may reduce saliva flow. This provides less cleansing action to help protect against cavities. Please make sure that individuals taking these types of medications drink six to eight 8 oz. glasses of water daily.

### Nutrition:

- Plan a healthy lifestyle following the American Dietary Guidelines.
- Limit added sugar. Do not use sugary foods as a reward as this can increase the chance for tooth decay.
- Recommend food with texture if possible.
- Encourage thorough chewing.
- If individuals tend to pouch their food, inspect their mouth after eating and taking medications.
- Ensure that individuals who will not independently help themselves to drinks when they are thirsty are frequently offered drinks. Drinking water helps wash away food particles that can get stuck between the teeth.

**Suggested snacks include:** Fresh fruit, raw vegetables such as carrot sticks, celery sticks, cucumbers and lettuce wedges. Nuts, popcorn, low fat/fat free cheese, whole wheat/grain pretzels, crackers or snack bars and sugarless candy.

**Suggested drinks include:** 1% milk, sugar free carbonated beverages, and unsweetened 100% fruit/vegetable juice.

**Special diets:**

- People who have difficulty chewing or swallowing may have a puree diet prescribed. Pureed foods tend to stick to the teeth more readily and cause plaque. Pureed diets also do not provide the natural cleansing that courser foods provide. Pay special attention to daily oral hygiene for these individuals.
- Low acid diets may be helpful for individuals with reflux or gastro-esophageal reflux disease (GERD) or individuals who tend to ruminate. On-going reflux can cause the teeth to become sensitive and show signs or erosion. Ensure that these individuals rinse their mouth with water at least four times per day.
- People with diabetes may be at a higher risk for cavities and dental disease. These individuals may be prescribed a low or no concentrated sweets diet.

## Oral Health Problems and Strategies for Care

Dental Problem	Treatment
<p><b>Dental Caries (cavities):</b> Individuals with developmental disabilities tend to develop more cavities due to diet, oral hygiene and medications.</p>	<ul style="list-style-type: none"> <li>• Preventative measures such as fluoride and <i>sealants</i>.</li> <li>• Drink plenty of water especially if the individual takes a medication that reduces the production of saliva or contains sugar.</li> <li>• If liquid medications are needed, use sugar-free when available.</li> <li>• Offer healthy edible rewards as opposed to sugary rewards.</li> <li>• Encourage independent oral hygiene and offer assistance and/or hands on demonstration when necessary.</li> <li>• If necessary adapt the toothbrush to make it easier for the individual to hold.</li> </ul>
<p><b>Periodontal Disease:</b> PD occurs more often in people with developmental disabilities. Some contributing factors are poor oral hygiene, damaging oral habits, and gingival hyperplasia (overgrown gum tissue). Gingival hyperplasia can be caused by some medications such as anticonvulsants.</p>	<ul style="list-style-type: none"> <li>• Individuals may benefit from the daily use of an antimicrobial agent such as Chlorhexadine. Discuss possible benefits with the dentist.</li> <li>• Stress the importance of daily oral hygiene.</li> </ul>
<p><b>Malocclusion:</b> Some people with developmental disabilities are unable to close their mouths properly for a variety of reasons including muscular abnormalities, an underdeveloped jaw, tooth grinding and tongue thrusting. Chewing and speaking may be more difficult for these individuals.</p>	<ul style="list-style-type: none"> <li>• Discuss the possibility of orthodontic treatment. However, good oral hygiene is critical to the success of orthodontic treatment.</li> </ul>

<p><b>Damaging Oral Habits:</b> Some common damaging oral habits are teeth grinding, food pouching, mouth breathing, tongue thrusting, self-injurious behaviors that involve the teeth and gums, rumination, and pica.</p>	<ul style="list-style-type: none"> <li>• If the person tends to food pouch, check his/her mouth after meals and medication.</li> <li>• Consider a mouth guard to help prevent teeth grinding and/or to help prevent injury resulting from self-injurious behaviors.</li> </ul>
<p><b>Oral Malformations:</b> Many people with developmental disabilities have enamel defects, high lip lines with dry gums, as well as variations in the size, shape, and number of teeth.</p>	<ul style="list-style-type: none"> <li>• Please ask the dental provider for specific suggestions to support the individual with his/her daily hygiene needs.</li> </ul>
<p><b>Trauma and Injury:</b> An injury to the mouth can occur from falls especially in people with seizure disorders or cerebral palsy.</p>	<ul style="list-style-type: none"> <li>• Suggest keeping a tooth saving kit in the home.</li> <li>• Trauma to a tooth may require immediate professional attention.</li> <li>• Locate any pieces of a broken tooth; if unable to find it, the person may need a chest x-ray to confirm that the fragments were not aspirated into the lungs.</li> </ul>
<p><b>Sharp Pain:</b> A sharp pain when biting down may indicate decay, a loose filling or crack in the tooth.</p>	<ul style="list-style-type: none"> <li>• See the dentist immediately.</li> </ul>
<p><b>Consistent Pain:</b> A constant pain that is not related to eating may be due to an abscess causing the gum to become infected.</p>	<ul style="list-style-type: none"> <li>• See the dentist immediately.</li> </ul>
<p><b>Dull ache or pressure in the upper teeth or jaw:</b> Pain may be related to a headache or sinus infection.</p>	<ul style="list-style-type: none"> <li>• Use over the counter medication for pain.</li> <li>• See the dentist if pain persists.</li> </ul>
<p><b>Tooth Sensitivity:</b> Mild sensitivity to hot or cold foods may not indicate a problem. Sensitivity that persists may indicate a loose filling or root exposure.</p>	<ul style="list-style-type: none"> <li>• If sensitivity is mild, use toothpaste made for sensitive teeth.</li> <li>• Use a soft toothbrush.</li> <li>• Brush up and down (sideways brushing can cause more root exposure).</li> <li>• See the dentist.</li> </ul>

## Appointment Guidelines

Finding a dentist:

- Inquire if the dental office has experience serving people with developmental disabilities.
- Let the office know of any special supports that may be needed.
- To find a dentist who specializes in treating people with developmental disabilities in New Jersey who accepts Medicaid, call: 856.614.2870 or the Medicaid Hotline: 1.800.356.1561. Follow the prompts for “dental benefits.”
- If the individual is enrolled in a Medicaid HMO, the care manager of the HMO should have the names and phone numbers of dental specialists.
- Another option is to call the NJ Foundation of Dentistry for Persons with Disabilities: 856.456.1193.
- A comprehensive list of New Jersey dentists, including insurances and treatment options is located towards the back of this booklet.

## **Insurance**

- Verify ahead of time that the dental office still accepts the person's dental insurance.
- Make sure you have any referrals or precertification's completed prior to the appointment.
- Please note: The Division of Medical Assistance and Health Services (DMAHS) has increased the number of oral evaluations and preventative services to 4 times per year without prior authorization. The dentist is required to document the specific medical condition and use the designated procedure code in order to receive reimbursement for the visit.
- Medicaid has also adopted a certain procedure code to allow the dentist to be paid for any additional time needed to provide services to individuals who have disabilities. Again, documentation of the medical condition is required.
- Last resort: If an individual has no insurance at all, dental services are available through Donated Dental Services. Call 732.821.2977 for more information or to request an application.

## **Scheduling the appointment**

- Be aware of when the individual's dental appointment is due.
- Schedule at least one month in advance.
- If this is a new dentist for the individual, request that a copy of any paperwork be mailed ahead of time, so it can be completed prior to the day of the appointment.
- Schedule visits for the individual when he/she tends to be the least tired. Early morning appointments are usually good because the waiting time is usually minimal and the office is less busy.
- If possible, schedule a desensitization appointment to help him/her become familiar with the office. This appointment should be short but positive.
- If the person requires a pre-appointment antibiotic, check to make sure it's available and that it has not expired.

## **The appointment**




- Arrive on time. You may call the office prior to leaving home to make sure the office is running on time as well. This can help avoid any unnecessary waiting.
- Please give antibiotic, if ordered, per doctor's order.
- Bring medical record including a copy of the current Medication Administration Record (If applicable).
- Bring any health history requested including guardian consent if necessary.
- Bring dental consult form (if applicable) for completion by the dentist before leaving the office.
- If anxiety is an issue, have the individual bring along a comfort item (stuffed animal, iPod).
- Suggest dental instruments be kept out of sight until ready to use.
- When ready to use, most people do well with a tell-show-do demonstration.
- If the individual tends to perseverate, the demonstration may not be a good idea.
- Praise and reinforce good behavior.
- If the individual cannot tolerate regular bite-wing x-rays, he/she may do better with a panoramic x-ray, which requires less cooperation. Panoramic x-rays are also good for individuals who may have an exaggerated gag reflex.
- Before leaving, discuss with the dentist ways to improve the person's oral health.




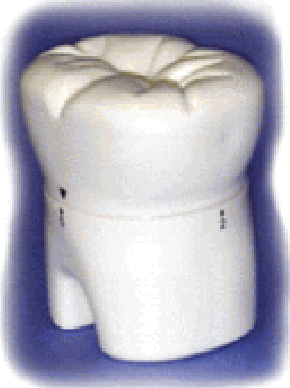
## **After the appointment**


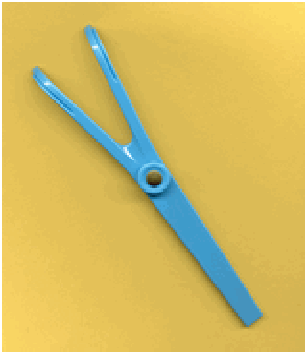

- Make sure next appointment date is marked on the calendar.
- Send consult to the program nurse (if applicable).
- File the original consult in the red medical record (if applicable).
- Document appointment in the Critical Issues log (if applicable).




## Product List


Product	Product Name	Description	Approximate Cost
<b>Specialized Toothbrushes</b>			
	Benefit Plus Triple Head Toothbrush	<p>Its padded handle protects the sensitive mouth area and is the best brush for use by a caregiver when assisting a person with physical challenges.</p> <p>Benefit Plus Triple Head Toothbrush features:</p> <ul style="list-style-type: none"> <li>• Reduces wrist or arm twisting</li> <li>• Brushes are at a 45 degree angle</li> <li>• Cleans all sides of each tooth</li> <li>• Padded handle that's easy to hold</li> </ul>	\$4.95
	Original Toothbrush	<p>Features:</p> <ul style="list-style-type: none"> <li>• 6500 nylon bristles with a very high tuft count - removes plaque more effectively</li> <li>• Wide oval head distributes pressure, protects and massages sensitive gum tissue</li> <li>• Right or left hand ergonomic handle promotes comfortable and precise brushing</li> <li>• 60% of users report it lasting three times longer than a standard toothbrush</li> <li>• Cellulose handle is processed from sustainable yield forests into 100% renewable resource plastic</li> </ul>	\$7.95
	DexTBrush Easy Grip Toothbrush	<p>The DexTBrush is for persons with limited dexterity from strokes and other debilitating diseases that affect a person's ability to grasp and manipulate a regular toothbrush.</p> <p>Features:</p> <ul style="list-style-type: none"> <li>• Reaches all surfaces of the teeth</li> <li>• Includes tongue cleaner</li> <li>• Easy to grip shape</li> <li>• Great for care-givers to brush a patient's teeth</li> <li>• Can be held in a number of different ways</li> </ul>	\$6.99


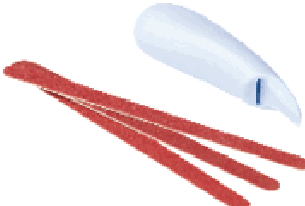



	<p>Oral B Sonic Complete S-320 Toothbrush</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• One electric toothbrush handle with ergonomic non-slip grip and recharge indicator light</li> <li>• Memory timer, 2 minutes total, the recommended brushing time</li> <li>• Pressure sensor</li> </ul>	<p>\$75</p>
	<p>Dr. Fresh Firefly Kid's Lightup Timer Toothbrush, 2 Pack</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• Soft bristles</li> <li>• Flashes for 60 seconds, then turns off automatically</li> <li>• Batteries included</li> <li>• Brush until the light stops flashing</li> <li>• When light no longer flashes, it is time to change your brush (approx. 3 months)</li> </ul>	<p>\$2.99/2</p>
	<p>Intellitec LPL822 Mini LED "Wash &amp; Brush" Timer</p>	<p>The Intellitec Wash and Brush puts the fun into kids washing their hands and brushing their teeth</p> <p>Features:</p> <ul style="list-style-type: none"> <li>• The Wash and Brush timer comes with one LED</li> <li>• Wash or Brush when the green LED is on and flashing</li> <li>• As the allotted time comes to an end, the green LED will flash quicker</li> <li>• You know you're finished when the RED LED flashes on</li> </ul>	<p>\$13.99</p>
	<p>Tooth Timer</p>	<p>Tooth Timer, a dental brushing timer, was designed by a mother to help her own family brush for the recommended two minutes and improve their oral health</p> <p>Features:</p> <ul style="list-style-type: none"> <li>• Simply turn the timer clockwise</li> <li>• Start brushing, then stop when the bell rings after two minutes</li> <li>• Nothing could be simpler! It's great for adults who care about their teeth and children who can do better.</li> </ul>	<p>\$10.95</p>

Flossing Aids			
	Personal Flosser	<p>Clinically proven as effective as string floss and easier to use.</p> <p>Features:</p> <ul style="list-style-type: none"> <li>• 10,000 gentle strokes per minute remove plaque above and below the gumline</li> <li>• Comes with replaceable battery</li> <li>• Ergonomic handle design makes flossing an easy, one-handed operation</li> <li>• Comes with 15 replacement tips</li> <li>• Flexible nylon tip slips easily between teeth and is gentle enough on gums to use every day</li> </ul>	\$6.99
	Floss Aid	<p>Features:</p> <ul style="list-style-type: none"> <li>• This tool allows people with arthritis or limited grasp to floss their teeth easily and effectively</li> <li>• The fork-shaped handle of the Floss Aid makes it possible to reach all teeth and keeps floss taut when in use</li> <li>• Measures 6 inches long</li> </ul>	\$3.95
	Sturdyfloss	<p>Getting patients with bridges, braces or appliances to floss is often difficult.</p> <p>Features:</p> <ul style="list-style-type: none"> <li>• The secret is in the colored flexible tip. It's sturdy, durable, and it's easy to grasp and maneuver</li> <li>• Sturdyfloss is a one unit flossing device with a stiff and bendable tip</li> <li>• The tip is easy to grab in all areas of the mouth</li> <li>• Sturdyfloss comes individually wrapped to make flossing easy and convenient.</li> </ul>	\$13.99





 <p>The image shows the packaging for BrytonPick floss. The top part is a blue and white box with a picture of a person's mouth and the text 'FLOSS IN SECONDS', 'FLEXIBLE EDGES', and 'REUSABLE UP TO 30 DAYS'. Below the box is a white carrying pouch with a pink floss strip inside and the 'BRYTONPICK' logo.</p>	BrytonPick	<p>Features:</p> <ul style="list-style-type: none"> <li>• Sterile credit card sized packaging</li> <li>• Gentle and flexible edges makes sliding between teeth comfortable</li> <li>• Two sided germ-free stainless steel strip</li> <li>• Lifespan of approximately one month</li> <li>• Easy to carry &amp; easy to use</li> <li>• Designed to be used after every meal</li> <li>• Removes even the smallest amounts of food</li> </ul>	\$14.00/10
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## Assistive Devices




 <p>The image shows three cylindrical tubes of foam tubing in different colors: pink, blue, and white. They are standing upright on a light blue surface.</p>	Color-Coded Handle Foam	<p>Features:</p> <ul style="list-style-type: none"> <li>• Use colored foam tubing for variety of tasks</li> <li>• Cut to desired length</li> <li>• Three different inner diameters to fit large or small handles</li> <li>• Build up handles on eating utensils, toothbrushes, pens, pencils, tools and other hard to grasp items with the Color Coded Handle Foam</li> <li>• Color Coded Handle Foam is slip resistant, non-absorbent and dishwasher safe foam tubing</li> <li>• Package of 6. 12 inches long</li> </ul>	\$12.95
 <p>The image shows a grey, textured, cylindrical weighted holder. A safety razor is inserted into the top of the holder on the left, and a toothbrush is inserted on the right.</p>	Large Universal Weighted Holder	<p>Features:</p> <ul style="list-style-type: none"> <li>• The Large Weighted Universal Holder is designed to hold a toothbrush or disposable razor</li> <li>• It weighs approximately 7 ounces and includes an Allen wrench</li> <li>• Weighted holder has 3 set screws that tighten in a triangular pattern to secure most objects up to a maximum of 1/2 inch in diameter</li> <li>• Overall diameter is 1 1/8 inches, and 5 1/4 inches in length</li> </ul>	\$24.95

	<p>Easy Out Tube Squeezer</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• A unique feature of the Easy Out Tube Squeezer allows the last drop to be squeezed from the nozzle of the tube after the tube has been expelled up to the collar</li> <li>• Ideal for toothpastes, lotions, salves, silicones, and other household products</li> <li>• Package of 2</li> </ul>	<p>\$9.95</p>
	<p>Body Care Multi Purpose Grip</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• Has two sides where you can insert either a nail file, toothbrush or razor</li> <li>• The Multi Purpose Grip may also be used when shaving or brushing your teeth</li> <li>• Measures 4.33 inches long</li> </ul>	<p>\$10.95</p>
	<p>Toothette Oral Swabs</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• These individually wrapped swabs are made with paper handles to help prevent touch-contamination</li> <li>• Treated with Dentrifice - Pink</li> <li>• Minimizes nosocomial infections</li> <li>• Disposable oral swabs color coded</li> <li>• Mint Flavored</li> </ul>	<p>\$28.50/250</p>
	<p>Happy Morning Disposable Toothbrush</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• 100 toothbrushes with toothpaste per box</li> <li>• Bristles impregnated with pleasant mint flavored toothpaste</li> <li>• Each brush hygienically sealed</li> <li>• Ideal for one time use</li> </ul>	<p>\$44.99</p>
	<p>I Can Brush Tooth brushing Solution</p>	<p>Forget the foam, the gritty feel-- this solution is rich with xylitol and tastes great</p>	<p>\$5.69</p>

## Non-Alcohol Based Mouth Washes

	<p>Spry Oral Rinse 16oz</p>	<p>Alcohol-Free Antimicrobial Dental Rinse</p>	<p>\$4.75</p>
	<p>BreathRx Anti-Bacterial Mouth Rinse</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• Alcohol free and sugar free</li> <li>• It contains Cetylpyridinium Chloride (CPC) and ZYTEX Breath RX (16 OZ)</li> <li>• Alcohol free Anti Bacterial Mouth Rinse for bad breath</li> </ul>	<p>\$9.95</p>
	<p>Fresh Essence Plus Mouthwash</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• Truly superior mouthwash</li> <li>• It is entirely natural and free from the harmful chemicals found in most commercially-available mouthwashes</li> <li>• It provides outstanding results that are amazingly long-lasting</li> <li>• Thieves mouthwash is so completely safe, some users swish and swallow for added health benefits</li> </ul>	<p>\$13.85</p>
	<p>H2Ocean Mouthwash</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• H2Ocean proudly presents an all natural sea salt based, alcohol free and fluoride free oral rinse for daily use</li> <li>• H2Ocean is also child safe, very easy for kids to use, and safe to swallow</li> <li>• H2Ocean's combination of Sea Salt, Lysozyme and Xylitol will help in your daily regimen of attacking and controlling cavity causing bacteria and plaque in your mouth</li> </ul>	<p>\$10.00</p>

	<p>Dentek Comfort Clean Tongue Cleaner</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• New soft cleaning edge flexes and contours to fit the shape of your tongue</li> <li>• Narrow design comfortably fits every size mouth</li> <li>• Low profile reaches the back of the tongue without gagging</li> <li>• Removes the germs that cause bad breath</li> </ul>	<p>\$3.99</p>
	<p>Butler GUM Tongue Cleaner - BRUSH &amp; SCRAPER COMBO</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• Narrow head is comfortable and minimizes gag reflex</li> <li>• Multiple curved ridges trap and lift away plaque and bacteria</li> <li>• Ergonomically shaped handle with raised thumb grip for comfort and control</li> <li>• Long handle for easier access to the posterior region of the tongue, the main area bacteria reside</li> <li>• Open design for easy rinsing after use</li> </ul>	<p>\$2.99</p>
	<p>Dr. TUNG's Tongue Cleaner</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• Made of stainless steel because it is impervious to bacteria</li> <li>• More comfortable and gentle on the tongue than plastic</li> <li>• Precurved shape gives precise control</li> <li>• Great oral benefits</li> </ul>	<p>\$7</p>
	<p>Dr. Tung's Snap-On Toothbrush Sanitizer</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• 60 days protection per cover</li> <li>• Fits most manual and power toothbrushes</li> <li>• Take anywhere - no batteries or electricity needed</li> <li>• Two popular aromas: mint &amp; lemon fresh</li> <li>• 2 per pack</li> </ul>	<p>\$2.91</p>

	<p>Germ Terminator Toothbrush Sanitizer</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• The GT100 is incredibly easy-to-use</li> <li>• It is designed to protect your long-term health by terminating the germs that breed on your damp toothbrush</li> </ul>	<p>\$33.77</p>
	<p>Dentek Toothbrush Sanitizer</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• Small enough to fit in the palm of your hand</li> <li>• Powerful enough to wipe out the germs that cause colds, flu and other illnesses</li> <li>• The Toothbrush Sanitizer uses ultraviolet technology to kill up to 99% of harmful germs on your toothbrush - including streptococcus, salmonella and E. coli.</li> <li>• It's quick and easy</li> <li>• The Toothbrush Sanitizer does its magic in less than 10 minutes</li> </ul>	<p>\$20</p>
	<p>Silver Care Plus Self Sanitizing Toothbrush</p>	<p>Features:</p> <ul style="list-style-type: none"> <li>• On contact with water, the pure silver that covers the head of the Silver Care Toothbrush, activates a natural and continuous antibacterial cleaning process</li> <li>• Replaceable head</li> <li>• Antibacterial silver ergonomic handle with non-slip rubber grip hygienic bristle-cover</li> </ul>	<p>\$10.99</p>

# Glossary

**Abscess:** A localized inflammation with a collection of pus, associated with tissue destruction and swelling.

**ADA:** American Dental Association- a professional organization of dentists that promotes the field of dentistry through education, research, advocacy, and the development of standards.

**Amalgam:** The most common material used for fillings (silver in color).

**Bicuspid:** A pre-molar tooth or a tooth with 2 cusps.

**Bite:** Refers to how the upper and lower teeth come together; may also be called occlusion.

**Bite-wing:** A type of x-ray used to detect decay on teeth.

**Bridge:** A non-removable object used to replace missing teeth.

**Bruxism:** Grinding or gnashing teeth.

**Buccal:** Pertaining to or around the cheek.

**Calculus:** Plaque deposits that become calcified or hardened on teeth and under the gums (also known as tartar).

**Cavity (Caries):** Tooth decay.

**Crown:** A porcelain or gold cover for a decayed or damaged tooth (also known as a cap).

**Cuspids:** The pointed teeth also known as the canine teeth located between the incisors and the bicuspids.

**DDS:** Abbreviation for Doctor of Dental Surgery.

**Decay:** Destruction of a tooth's structure.

**Deciduous:** The first set of teeth or baby teeth.

**Denture:** A partial or full set of artificial removable teeth.

**DMD:** Abbreviation for Doctor of Dental Medicine.

**Dysphasia:** Difficulty swallowing.

**Edentulous:** The absence of teeth.

**Enamel:** The hard covering of a tooth.

**Endodontist:** A specialist concerned with the dental pulp or nerve of the tooth. Commonly performs root canals.

**Filling:** A substance that dentists use to replace a decayed or broken portion of a tooth.

**Fluoride:** A naturally occurring element that strengthens enamel, helping teeth to resist decay.

**Gingiva:** Gum tissue.

**Gingival hyperplasia:** An overgrowth of gum tissue.

**Gingivitis:** A form of periodontal disease whereas the gums are inflamed and bleed easily.

**Gum recession:** The exposure of dental roots due to shrinkage of the gums.

**Halitosis:** Bad breath.

**Impacted tooth:** A tooth that will not fully erupt because it is positioned against another tooth, bone or soft tissue.

**Impression:** A mold made of the teeth and soft tissue.

**Incisor:** The four front teeth on the upper and lower jaw.

**Lingual:** The area pertaining to or around the tongue.

**Malocclusion:** An improper alignment of the teeth or jaws.

**Mandible:** The lower jaw bone.

**Mastication:** Chewing.

**Maxilla:** The upper jaw bone.

**Molars:** The back teeth.

**Night guard:** An appliance used to prevent wear caused by grinding teeth during sleep.

**Nitrous oxide (laughing gas):** A controlled mixture of nitrogen and oxygen gasses that is inhaled to decrease sensitivity to pain.

**Occlusal:** Refers to the biting surface of the teeth.

**Oral hygiene:** The process of maintaining cleanliness of the teeth and related structure.

**Oral surgeon:** A specialist who deals with the diagnosis and surgical treatment of diseases and deformities of the mouth and jaw.

**Orthodontist:** A dental specialist whose practice is limited to preventing and treating malocclusion of the teeth.

**Palate:** The roof of the mouth.

**Panorex:** A single full mouth x-ray.

**Periodontal disease:** Gum disease caused by bacteria. May also include infection of the bone that holds teeth in place.

**Periodontist:** A dental specialist whose practice is limited to the treatment of gums and surrounding tissues including placement of dental implants.

**Periodontitis:** A form of periodontal disease whereas the bone that holds the teeth in place becomes damaged.

**Plaque:** A sticky, colorless film of harmful bacteria, mucus and other particles that constantly form on teeth. Plaque can be removed daily by brushing.

**Post-core:** A build-up to replace a lost tooth and retain a crown.

**Pouching:** The placement of food, medicine, or other substance in the cheek for lengthy periods of time.

**Prophylaxis (Prophy):** Tooth cleaning and polishing in the absence of gum disease.

**Pulp:** The nerves, blood vessels and connective tissue inside the tooth.

**Quadrant:** One of the four equal sections of the mouth.

**RCT:** Root Canal Therapy.

**Restoration:** The replacement part of a damaged tooth; also known as a filling.

**Root:** Tooth structure that connects the tooth to the jaw.

**Root canal:** A procedure used to save the tooth in which the pulp chamber is cleaned out, disinfected and filled with a permanent filling.

**Root planing:** A dental procedure used to remove plaque and calculus from the root of the tooth. Planing smoothes the root surface to promote healing.

**Saliva:** Clear, natural lubricating fluid in the mouth.

**SBE prophylaxis (sub-acute bacterial endocarditis prophylaxis):** Certain people who may be prone to an infection in their heart may be prescribed antibiotics to be taken prior to a dental cleaning.

**Scaling:** A treatment for gum disease involving removal of tartar/calculus from teeth.

**Sealant:** A plastic covering applied to grooves of the teeth to prevent decay.

**Tartar:** The hard deposit of mineralized plaque that forms on the crown or root of the teeth; also known as calculus.

**Xerostomia:** Dry mouth that occurs when you do not have enough saliva. This can lead to dental caries (cavities) and other infections. Often caused by many medications.

## References

American Dental Association: Department of Public Information and Education; Dental Care for Special People. 211 East Chicago Ave. Chicago IL 60611 (312) 440-2500

Oral Health Care for People with Developmental Disabilities: National Oral Health Information Clearinghouse; National Institute of Health 1 NOHIC Way Bethesda MD 20892 (301) 402-7364

Robert Wood Johnson Health Network and Developmental Disabilities Health Alliance

NJ Foundation of Dentistry for Persons with Disabilities: 109 Duncan Ave. Westville NJ 08093

A Person- Centered Approach to Handling Resistance to Daily Hygiene Services: Specialized Care Company. 206 Woodland Rd. Hampton NH 03842 1800 722-7375

Dial a Smile: New Jersey Dental Clinic Directory. New Jersey Department of Health and Senior Services. PO Box 364 Trenton NJ 08652 (609) 943-5749

## APPENDIX A

### SAMPLE TASK ANALYSIS FOR INDIVIDUALS WITH GREATER INDEPENDENCE

#### Tooth Brushing Task Analysis

SD: It's time to brush your teeth.

Pick up toothbrush	I	V	M	P
Rinse toothbrush	I	V	M	P
Pick up toothpaste	I	V	M	P
Squeeze toothpaste onto toothbrush	I	V	M	P
Brush all teeth inside	I	V	M	P
Brush all teeth outside	I	V	M	P
Brush tongue	I	V	M	P
Rinse mouth with water	I	V	M	P
Rinse toothbrush	I	V	M	P
Turn off water	I	V	M	P
Put toothbrush away	I	V	M	P

Scoring: Add number of I's circled divided by total number of steps and multiply by 100 for percent of independence.

$$\frac{\text{I's}}{\text{total steps}} = \text{ } \times 100 = \text{ } \%$$

\*Task analysis can be modified to meet individual needs

## APPENDIX B

### SAMPLE TASK ANALYSIS FOR INDIVIDUALS WHO REQUIRE GREATER SUPPORT

#### Tooth Brushing Task Analysis

SD: It's time to brush your teeth

Pick up toothbrush	I	V	M	P
Turn on water	I	V	M	P
Rinse toothbrush	I	V	M	P
Pick up toothpaste	I	V	M	P
Remove cap	I	V	M	P
Squeeze toothpaste onto toothbrush	I	V	M	P
Brush Right inside teeth	I	V	M	P
Brush Right outside teeth	I	V	M	P
Brush Left inside teeth	I	V	M	P
Brush Left outside teeth	I	V	M	P
Brush Front of teeth	I	V	M	P
Brush Back of teeth	I	V	M	P
Brush tongue	I	V	M	P
Rinse mouth with water	I	V	M	P
Rinse toothbrush	I	V	M	P
Turn off water	I	V	M	P
Put toothbrush away	I	V	M	P
Put cap back on toothpaste	I	V	M	P
Put toothpaste away	I	V	M	P

Scoring: Add number of I's circled divided by total number of steps and multiply by 100 for percent of independence.

$$\frac{\text{I's}}{\text{total steps}} = \text{ } \times 100 = \text{ } \%$$

\*Task analysis can be modified to meet individual needs

## APPENDIX C

### SAMPLE GOAL FOR THE IHP

#### SECTION 19 - CONTINUED: IHP IMPLEMENTATION

Goal #		<p>Tooth brushing: Increase independence and accuracy in tooth brushing.</p> <p>A current level was established by calculating the number of steps completed independently per occurrence of tooth brushing that <i>Name</i> engaged in.</p>
Objective #	<p>1:</p> <p>2:</p> <p>3:</p>	<p><i>Name</i> will increase independence in tooth brushing by % of his current level for a one-month average.</p> <p><i>Name</i> will increase independence in tooth brushing by % of his current level for a two-month average.</p> <p><i>Name</i> will increase independence in tooth brushing by % of his current level for a six -month average.</p>
Implementing agency/ person:		Bancroft
Implementation/start date:		
Target Completion date:		

Implementation plan/methods/supports:

<p><u>Teaching steps:</u> See attached task analysis</p> <p><u>Reinforcement procedures:</u> See attached</p> <p>Methods to promote maintenance and generalization: <i>Name's</i> appropriate tooth brushing will continue to be reinforced across several staff and settings.</p>
--

Method for evaluating progress and outcomes:

<p>Staff training/material needed: (Note any preparation needed before implementation)</p> <p>All staff working with <i>Name</i> will be trained on all components of task analysis.</p>

# APPENDIX D

## Bancroft NeuroHealth DENTAL REQUEST FOR CONSULTATION

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Section A: To be completed by staff:**

Name of Person Served: _____	Date of Birth: _____
Consult to Doctor: _____	Phone #: _____
Address: _____	
Reason for Consult: _____	
Allergies (Medication, Food, and/or Environmental): _____	

**The following items must accompany you on this appointment:**

<input type="checkbox"/> Directions included	<input type="checkbox"/> Copy of History & Physical	Pre Medication: _____
<input type="checkbox"/> Co-Pay \$ _____	<input type="checkbox"/> Current Labs and/or X-rays	_____
<input type="checkbox"/> Copy of MAR		_____
<input type="checkbox"/> Current Insurance		_____

**Section B: To be completed by Dentist/Consultant**

**CURRENT ORAL HYGIENE STATUS:**    Good    Poor    Improved    Other

Diagnosis/Assessments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Brushing/hygiene instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Treatment Plan (if required): \_\_\_\_\_

\_\_\_\_\_

Special Needs (i.e. electric TB, Rinses): \_\_\_\_\_

\_\_\_\_\_

Recommendations/Plan: \_\_\_\_\_

\_\_\_\_\_

**Prescription Given:**    Yes    No

**If "Yes", to begin:**    Today    Tomorrow    Within 7 Days    After Team Discussion    D/C Script    Refills Needed

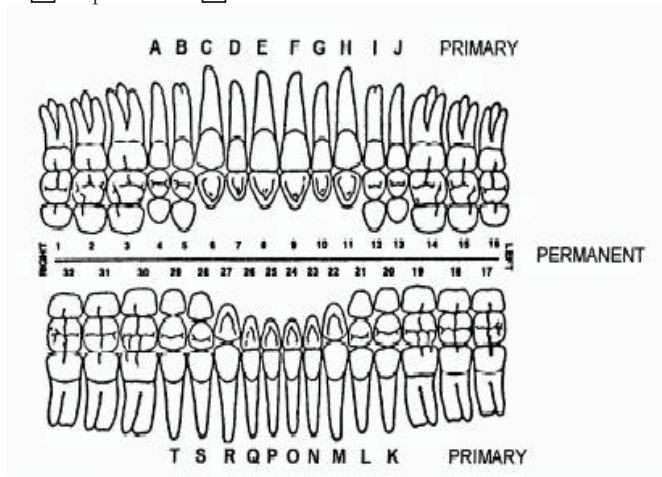
**Return Visit / Follow Up Appointment:**    Yes    No     Date: \_\_\_\_\_   Time: \_\_\_\_\_

Name of Dentist or Consultant (printed): \_\_\_\_\_

Dentist or Consultant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Primary Nurse (printed): \_\_\_\_\_

Primary Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Dental Providers

Please note that many of the dentists participating in the Medicaid HMO plans change frequently or their quota may fill and they will not accept new patients. If you have a Medicaid connected HMO, please call the member services phone number on the back of the individual's insurance card. Phone numbers are also provided at the end of this section.

<b>Dentist</b>	<b>Address</b>	<b>Comments</b>
American Dental Concepts 856.751.6546	2 Sheppard Rd. Suite 100 Voorhees, NJ 08043	Limited Medicaid HMO's accepted Specialists available on site Will treat children
Dr. Ahluwalia 856.667.2467	2920 Rte 73 North Maple Shade, NJ 08052 (in Fox Meadow Plaza)	Limited Medicaid HMO's accepted
Dr. Robert Carter Camden City Smiles 856.541.3627	1436 Haddon Ave. Camden, NJ 08103	Will treat children
Cherry Hill Family Dental 856.857.0033	1642 Kings Hwy Cherry Hill, NJ 08034	Limited Medicaid HMO's accepted Nitrous oxide gas available
Comprehensive Family Dental 856.753.2900	1202 St Hwy. 73 Voorhees, NJ 08043	NJ Medicaid accepted
Hamilton Dental Associates 609.689.1212	2501 Kuser Rd.- 2nd floor Hamilton, NJ 08691	Accepts most Medicaid HMO's Nitrous oxide and oral sedation available
Dr. Marco Holgado 856.429.4600	401 Kings Hwy South Cherry Hill, NJ 08034	Will treat children Private insurance only
Dr. Klinger 856.772.1133	1 Britton Place Voorhees, NJ 08043	Private insurance only
Dr. Leonetti 856.767.7077	7 Harker Avenue Berlin, NJ 08009	Sees special needs individuals Does not accept Medicaid
Mountainside Dental Clinic 973.429.6887	Bay & Highland Ave Montclair, NJ 07042	Accepts all NJ Medicaid insurance general anesthesia available
Signature Smiles 856.692.9333	120 South Sixth St. Vineland, NJ 08360	Most Medicaid HMO's accepted Oral sedation and general anesthesia available Will treat children
Dr. Burton Nussbaum (856) 424-5955	1910 Rt. 70 Suite 9 Cherry Hill, NJ 08003	Pediatric only for new patients Accepts Horizon NJ Health and Americhoice

Dr. Paul Simons Your Very Own Special Dentist 856.848.2211	776 Grove St West Deptford, NJ 08066	Will treat children
Special Smiles 215.707.0575	100 East Lehigh Ave. Centennial 2 Philadelphia, PA 19125	Accepts most Medicaid HMO's, PA Medicaid General anesthesia available Treats children over 10 years of age
Dr. Elena Stavisky 856.833.1172	341 Haddon Ave. Haddon Twp, NJ 08108	General anesthesia available at Temple Hospital
University Dental (UMDNJ) 856.566.6969	13 Somerdale Square Somerdale, NJ 08083	Accepts all NJ Medicaid Insurance General anesthesia available Will treat children
Waterfront Dental 856.541.9797	562 Cooper St. Camden, NJ 08102	Will treat children

- If you are unable to find an acceptable dentist above, you may reference the NJ Dental Clinic directory at (732) 549-8909 for Camden and Burlington County residents or download at:

[http://www.state.nj.us/health/fhs/newborn/documents/dental\\_directory.pdf](http://www.state.nj.us/health/fhs/newborn/documents/dental_directory.pdf).

## Dental Specialists

If an individual needs to see a dental specialist, attempt to get a referral from the primary dentist. They should be able to assist you in finding a dentist who will accept the individual's insurance. Various dental clinics and comprehensive dental groups may have specialists on staff.

## Oral Surgeons

Remove wisdom teeth and/or complicated extractions.

Provider	Address
Dr. Eichen 856.428.4445	17 West Ormond Ave. Cherry Hill, NJ 08034
Dr. Lanzi 856.795.4600	15 East Euclid Ave. Haddonfield, NJ 08033
Vineland Oral Surgeons 856.692.8300	1318 South Main Road Vineland, NJ 08360

## Periodontist

Treats people with gum disease and/or those who need deeper cleanings.

Provider	Address
Dr. Shupik 856.428.4746	Rte 70 and Springdale Rd. Suite 2 Cherry Hill, NJ 08034
Dr. Meltzer 856.772.9444	1307 White Horse Rd. Voorhees, NJ 08043
Dr. Sullivan Dr. Yasner 856.795.8020	1416 Brace Rd. Cherry Hill, NJ 08034

## Endodontist

Treats people who need a root canal.

Provider	Address
South Jersey Endodontics 856.424.5145	2001 East Marlton Pike Cherry Hill, NJ 08034

## Insurance

You may access a dentist through an individual's private dental insurance, Medicaid, or Medicaid HMO. Please be aware that Medicare does not cover dental visits.

- **Private Dental insurance:** If someone has dental insurance, access dental services through this insurance first. For a list of providers, call the member services phone number on the back of the ID card.
- **Medicaid HMO's:** If an individual is a member of one of the Medicaid HMO's, you may access a dental provider by calling the member services number on the ID card. Member services are available 24 hours/7 days per week. When calling, have the individual's "face" sheet (information sheet, if applicable) and ID card available.

### Current NJ Medicaid HMO's:

- AmeriChoice: 1.800.941.4647
  - AmeriGroup: 1.800.600.4441
  - Horizon NJ Health: 1.800.656.3729
  - Health Net: 1.800.555.2604
- 
- **NJ Medicaid:** You may access dental services through NJ Medicaid; however, providers are very limited. For a list of Medicaid providers, call the Medicaid Dental Services Line at 856.614.2870 or Medicaid Hotline: 1.800.356.1561. Follow the prompts for "dental benefits."
  - As a last resort, you may try to access dental services through the NJ Foundation of Dentistry for Persons with Disabilities, Donated Dental Services program at 732.549.8909. To download an application for donated dental services go to: [http://www.nfdh.org/joomla\\_nfdh/images/applications/pdf/new%20jersey%20\(south\).pdf](http://www.nfdh.org/joomla_nfdh/images/applications/pdf/new%20jersey%20(south).pdf)



*The information contained in this document is intended to supplement regular visits to a dental care professional. Please consult with your dental care professional about specific questions you may have relating to your dental issues or prior to beginning use of the products discussed in this document. In addition, if your dental care professional's specific advice is different than the general guidelines in this document, you should follow the advice of your dental professional.*

This guidebook was created by the members of Bancroft's  
Dental Performance Improvement Committee:

Lisa Sassany, Michelle Habingreither, Karen Kirkhope, Maureen Kelly, Kathleen Sutcliffe, Laura  
Miller, Jeff Kueny, Sandra Shinn, Roberta Ranes

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