

Athletic Sports Guards



- Athletic sports guards are the best way to protect your teeth against injury and should be worn for any sport involving contact
- These can be purchased in sporting goods stores as a stock mouth guard (insert and wear) or a mouth-formed mouth guard (softened and molded to fit the mouth)
- Mouth guards can also be custom made by a dentist
- The Dental Clinic provides custom-made mouth guards
- The Fitness Center has mouth-formed mouth guards

Trauma

- If you do sustain trauma to your mouth and a tooth is knocked out during an activity do the following:
- Do not handle the root or wash the tooth
- Try to replant the tooth in the socket if possible
- If you cannot replant the tooth, immediately place the tooth in milk, a saline (salt water) solution or saliva
- Immediately contact your dentist (the best chance for keeping the tooth is to have it replanted by your dentist within 60 minutes)

Xylitol

- Xylitol is a naturally occurring non-nutritive sweetener shown to prevent cavities in children and adults
- Bacteria in the mouth can't use Xylitol as a food source
- Contains 40% fewer calories than sugar
- Can decrease transmission of cavity causing bacteria from mother to child
- Recommend chewing 3-5 pieces of gum with Xylitol per day (one piece after snacks and meals)

How to Choose Dental Products

- Look for the American Dental Association Seal of Acceptance when choosing dental care products. This seal certifies that the product has been tested by the American Dental Association and that all the claims on the package are accurate
- The dental staff can provide information regarding the type of toothbrush, floss, etc., that is best for you



Strategic Plan

USAF DENTAL SERVICE MISSION

- Achieve Oral Health to Ensure Readiness
- Achieve Best Value
- Achieve Excellence in All We Do

USAF DENTAL SERVICE VISION

"Proudly Serving and Enjoying Our Service...A Team Sport"

AIR FORCE DENTAL SERVICE MEASURES OF SUCCESS (SHARP Metrics)

<u>Metric</u>	<u>Goal</u>
Patient Satisfaction	94%
Oral Health (Dental Class 1)	65%
Access to Routine Care	21 Days
Dental Readiness (Dental Class 1 & 2)	95%
Performance (Productivity/Private Sector Costs)	

66 MDS MISSION

To provide quality, patient and family-centered, world class healthcare and health service support to our beneficiaries in the Northeast region

66 MDS VISION

Seamless health service support as DoD's medical hub in the Northeast region

66 MDS VALUES

Integrity first; service before self; excellence in all we do; accountability, teamwork, and compassion

66 MDS GOALS

Patient-centered care, technology integration, synergy-joint & interagency, precision health care, and organizational agility

Dental Clinic Hours

Monday-Friday 0730-1600 Telephone: 781-225-6324
Sick Call / Emergencies—Daily by appt
After Hours Emergencies Telephone: 781-225-6789

Clinic is CLOSED every Tuesday at 1500
Clinic CLOSES the first Friday of every month at 1100

66th MDS Dental Operations Flight



Patient Guide to

Safety Quality Prevention In Dentistry

And Strategic Plan

Safety

Be an Active Member of Your Dental Care Team



- Ask questions and make sure you understand the answers
- Make sure the dental team confirms your identity by asking for your ID and asking your full name and date of birth. Speak up if you think you have been confused with another patient
- Let your team know of any problems you've had with dental treatment in the past such as a reaction to local anesthetic
- Inform the dental team if you experience anxiety
- Be sure the dental team is aware of medication and latex allergies

Be Knowledgeable About Medicines



- Keep a record of your medicines including vitamins and herbal supplements. Bring this list to your appointments
- Tell your dentist about medicines you are currently taking and any allergies or bad reactions to medicine you've had in the past

- If you are given a prescription by your dentist, ask for a detailed explanation
- Be sure you understand how to take any prescribed medication and are aware of any side effects
- You can also check with your local pharmacist

Quality

Talk With Your Dental Team About Treatment Choices



- There is often more than one way to approach dental treatment in order to attain good dental health
- Ask your dentist about the advantages and disadvantages of different treatments
- Understand your treatment plan
- Be sure you and your dentist understand the final goal of treatment

Follow Instructions by Your Dentist

- Diet
- Oral Hygiene
- Avoid tobacco products
- Oral habits
- Medications
- Physical activity
- Home care of dental appliances
- Medical consults and coordination of care with your physician
- Coordination of care with dental specialists
- Follow-up appointments



Discuss Expectations of Treatment With Your Dental Team

- Risks
- Alternative treatment
- Time required

Ask Questions During the Course of Treatment

Know What Will be Done at Your Next Appointment

Maintain Your Oral Health

Prevention



Home Care is the Key to Prevention

- Prevention of dental disease is better than treating dental disease
- Dental plaque contains the bacteria that can lead to tooth decay
- If plaque is not removed by brushing and flossing it can cause tooth decay and periodontal (gum) disease
- Bleeding gums are the best indicator that plaque is still present in the mouth

Water and Fluoride

- Do you live off base? How do you know if you are getting fluoridated water?
- You can contact your local water department or have your water tested by an independent testing service
- If the fluoride level in your water is less than optimal (<0.3 parts per million – ppm) contact your dentist or pediatrician to prescribe fluoride tablets