

Oral Health Supplies for the Exam Room

Practices may find it helpful to have the supplies for the oral health exam and fluoride varnish application prepared and easily accessible in each exam room. Below are some ideas for what can be kept in each exam room and included in oral health exam kits. Alternatively, these supplies (minus the chairs) can be kept in a large plastic tote and carried from room to room.

In each exam room keep the following:

- **two chairs** on which to perform a knee to knee exam (one for provider and one for parent)
- **a light source for each exam room** (head lamp, pen light, or other light source to see in the mouth) – if another adult or older sibling is in the exam room consider allowing him or her to hold your otoscope light or a penlite.
- **patient education materials on oral health and after varnish instructions** [[LINK to after-varnish instructions](#)]
- **copies of oral health risk assessment tool** if health record is not electronic [[LINK to tool](#)] and the **AAP Pediatric Oral Health Flip Chart and Reference Guide** [[LINK to Flip Chart Page](#)]
- **dental referral resource list** [[LINK to dental referral resource template](#)]

In small plastic zip lock bags that are stored in each exam room (or in the tote) include:

- **pair of exam gloves**
- **disposable mouth mirror** (some pediatricians give the disposable mouth mirror to the patient so the parent can continue to look in to the mouth at home)
- **two 2x2 gauze** pads to gently wipe the teeth just prior to the application of the varnish (some saliva is necessary for the fluoride varnish so do not wipe the teeth bone dry)
- **single dose packet of fluoride varnish and applicator** (this type of varnish is more expensive than a tube and separate applicators, but is pre-measured and may be easier to use in practice)

Optional contents of kit:

- an age appropriate toothbrush, toothpaste, and flossers to demonstrate brushing to the parent and give to the child following the exam
- two - five thumb depressors taped together to create a bite block (the back of the toothbrush you give to the child can also be used for this purpose)