

# Scientific Guideline: 7 Measures to Prevent Caries



**DGZ**



**AWMF**  
Arbeitsgemeinschaft der Wissenschaftlichen  
Medizinischen Fachgesellschaften e.V.

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## Everyday



Brushing teeth 2x per day with fluoride-containing toothpaste



Keeping sugar intake as low as possible



Chewing sugar-free gum after meals

## In consultation with the dental practice



Participating in prevention programs



Further fluoridation measures



If required: Applying chlorhexidine varnish containing at least 1% CHX



Sealing fissures at risk of developing caries

