

LINCOLN PEDIATRIC DENTISTRY

Pre-Teen Dental Report Card for



Dental Assistant

Date

Recommendations are highlighted:

Brush using circles

Sugar-free gum

Floss daily

Mouth guard

Sonicare® toothbrush

Sealants

Reduce sweets

Referral to orthodontist

Timer for 2 minutes

Pink tablets

of remaining primary teeth: _____

Comments: _____

Sugar Examples:

Mountain Dew 12 oz. – 47 grams = 12 teaspoons of sugar

Skittles 2.17 oz. – 47 grams = 12 teaspoons of sugar

Gatorade 12 oz. – 21 grams = 5 teaspoons of sugar

4 grams of sugar = 1 teaspoon of sugar

Oral Hygiene:

Excellent

Good

Fair

Poor

Exam:

Cavities? Yes/No

Cavity Risk? Low
Moderate
High

Crowding? None
Mild
Moderate
Severe

Gingivitis? Yes/No

Calculus? Yes/No

Areas to Improve:

Posterior teeth/
Molars

Anterior teeth/
Incisors & Cuspids

Outside/Cheek side

Inside/Tongue side

Top teeth

Bottom teeth

Gum line

Tongue

Flossing

For Your Information...

- **Brushing:** Brush before bedtime to remove food from your teeth to prevent cavities. Brush in the morning to remove the mucous that dries on your teeth while you're sleeping. The mucous in your mouth is the same thing that creates boogers in your nose. Brush in circles to remove plaque and leftover food that hides under your gums to prevent gingivitis/bleeding gums.
- **Flossing:** Flossing daily cleans the mucous and food from areas that your toothbrush can't reach and helps prevent gingivitis, bad breath, and cavities. Put some floss in the car and floss on the way to school.
- **Sugar:** Eating a lot of sugary food feeds the bacteria in your mouth and can cause cavities, gingivitis, bad breath, and canker sores. It can also contribute to obesity. Remember to check the sugar content of your foods and beverages. Every 4 grams of sugar equals 1 teaspoon. Avoid a diet high in sugar.
- **Tooth eruption:** Most permanent teeth erupt by age 12. If a baby tooth is loose, wiggle it out to prevent discomfort and allow the permanent tooth to erupt in the correct location. Brush to prevent inflammation where teeth are erupting. Motrin or Tylenol may help relieve discomfort.
- **Sealants:** Sealants are a protective coating placed on the chewing surfaces of the permanent molars to help prevent cavities. Avoid chewing ice and hard candy to prevent sealants from breaking.
- **Orthodontics:** We refer patients as needed, usually after all permanent teeth have erupted around age 12-13. If you currently have braces, permanent white spots can appear on your teeth if they are not brushed and flossed properly. Your dentist/orthodontist may remove or not place braces until your brushing improves.