

# LINCOLN PEDIATRIC DENTISTRY



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  | Referral to oral surgeon |
| Pink tablets         |                          |

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<br>Moderate<br>High            |
| Crowding?    | None<br>Mild<br>Moderate<br>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:** To prevent cavities and gingivitis/bleeding gums, brush your teeth and gums 2 times everyday using a circular motion. Circles help clean underneath the gum tissue where bacteria hide.
- **Flossing:** Flossing daily cleans the mucous and food from areas that your toothbrush can't reach and helps prevent gingivitis, bad breath, and cavities.
- **Sugar:** Having a diet high in sugar feeds the 400 types of 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.
- **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.
- **Oral Surgery:** Around age 15, extraction of wisdom teeth may be recommended. At this age the roots are only partially developed. It also reduces the risk of nerve injury and dry sockets. The recovery often is easier too.
- **Oral Piercing:** Having any kind of oral piercing can cause teeth to chip and fracture. It creates a breeding ground for bacteria to grow and spread. Gum tissue also recedes or pulls back.
- **Smoking:** Smoking causes periodontal disease, gingivitis, heart disease and many other serious health problems. Smoking and chewing tobacco can quickly and permanently stain the teeth yellow and causes bad breath. A person is more likely to use drugs once they have started smoking.
- **Whitening products:** Should only be used for patients with a low risk for decay. Please ask your dentist.