

# LINCOLN PEDIATRIC DENTISTRY

Brush at night to remove food to prevent cavities. Brush in the morning to remove mucous that dries on the teeth overnight, which is similar to boogers in your nose!



## Brushing Chart for:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        |          |
|        |        |         |           |          |        |          |
|        |        |         |           |          |        |          |
|        |        |         |           |          |        |          |
|        |        |         |           |          |        |          |

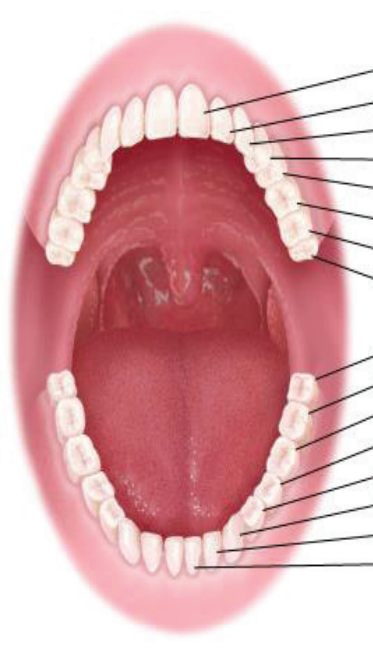
## Oral Hygiene Instructions

- Brush teeth after breakfast and before bedtime with adult supervision until at least age 8.
- From ages 5-9, 12 permanent teeth will erupt. This is why it is important to establish good brushing habits.
- Use a pea size amount of toothpaste to remove plaque from teeth.
- Brush in tiny circles to help clean teeth and gums.
- Gently brush tongue and the roof of the mouth.
- Mark the brushing calendar to establish a routine.
- Floss daily.

# Ages 5-9 Dental Report Card

## Permanent Teeth Eruption Chart

\*\*Eruption pattern varies for all children\*\*



|                                      |              |
|--------------------------------------|--------------|
| <b>Upper Teeth</b>                   | <b>Erupt</b> |
| Central Incisor                      | 6-8 yrs.     |
| Lateral Incisor                      | 7-9 yrs.     |
| Canine (Cuspid)                      | 11-12 yrs.   |
| 1 <sup>st</sup> Premolar             | 10-11 yrs.   |
| 2 <sup>nd</sup> Premolar             | 10-12 yrs.   |
| 1 <sup>st</sup> Permanent Molar      | 6-7 yrs.     |
| 2 <sup>nd</sup> Permanent Molar      | 12-13 yrs.   |
| 3 <sup>rd</sup> Molar (Wisdom tooth) | 17-21 yrs.   |
| <b>Lower Teeth</b>                   | <b>Erupt</b> |
| 3 <sup>rd</sup> Molar (Wisdom tooth) | 17-21 yrs.   |
| 2 <sup>nd</sup> Permanent Molar      | 11-13 yrs.   |
| 1 <sup>st</sup> Permanent Molar      | 6-7 yrs.     |
| 2 <sup>nd</sup> Premolar             | 11-12 yrs.   |
| 1 <sup>st</sup> Premolar             | 10-12 yrs.   |
| Canine (Cuspid)                      | 9-10 yrs.    |
| Lateral Incisor                      | 6-8 yrs.     |
| Central Incisor                      | 5-7 yrs.     |

# of remaining primary teeth: \_\_\_\_\_

### Recommendations are highlighted:

- Avoid sticky candy, fruit snacks, raisins, pop, juice, and Gatorade to prevent cavities and establish healthy eating habits.
- When baby teeth are loose, wiggle them out to allow permanent teeth to erupt.
- If taking vitamins, choose hard chewable or liquid vitamins instead of gummy vitamins.
- Use adult toothpaste.
- Use a timer for 2 minutes of brushing.
- Use a Sonicare® Toothbrush.
- Sealants are recommended.
- Referral to orthodontist
- If you chew gum, choose sugar-free gum.
- A mouthguard is recommended for sports.

Comments: \_\_\_\_\_  
 \_\_\_\_\_

|                      |                                    |
|----------------------|------------------------------------|
| <b>Oral Hygiene:</b> |                                    |
| Excellent            |                                    |
| Good                 |                                    |
| Fair                 |                                    |
| Poor                 |                                    |
| <hr/>                |                                    |
| <b>Exam:</b>         |                                    |
| Cavities?            | Yes/No                             |
| Cavity Risk?         | Low<br>Moderate<br>High            |
| Crowding?            | None<br>Mild<br>Moderate<br>Severe |
| Gingivitis?          | Yes/No                             |
| Calculus?            | Yes/No                             |

|                                       |
|---------------------------------------|
| <b>Areas to Improve:</b>              |
| Posterior teeth/<br>Molars            |
| Anterior teeth/<br>Incisors & Cuspids |
| Outside/Cheek side                    |
| Inside/Tongue side                    |
| Top teeth                             |
| Bottom teeth                          |
| Gum line                              |
| Tongue                                |
| Flossing                              |



|   |                                       |
|---|---------------------------------------|
| <b>Sugar Examples:</b>                        |                                       |
| Mountain Dew 12 oz.                           | = 47 grams = 12 teaspoons of sugar    |
| Skittles 2.17 oz.                             | = 47 grams = 12 teaspoons of sugar    |
| Chocolate Milk 12 oz.                         | = 39 grams = 10 teaspoons of sugar    |
| Welch's Fruit Snacks 2.25 oz.                 | = 18 grams = 4 1/2 teaspoons of sugar |
| Gummy Vitamins (2)                            | = 4 grams = 1 teaspoon of sugar       |
| <i>4 grams of sugar = 1 teaspoon of sugar</i> |                                       |



\_\_\_\_\_  
 Your dental assistant today      Date