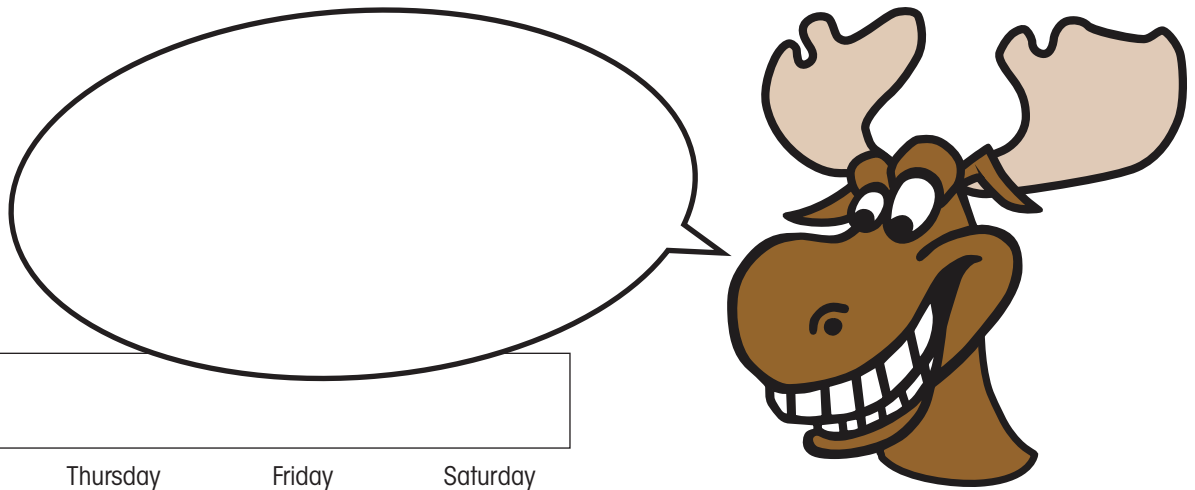


# LINCOLN PEDIATRIC DENTISTRY



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 your teeth and gums.
- Gently brush your tongue and the roof of your mouth.
- Mark the brushing calendar to establish a routine.
- Brush and floss daily.

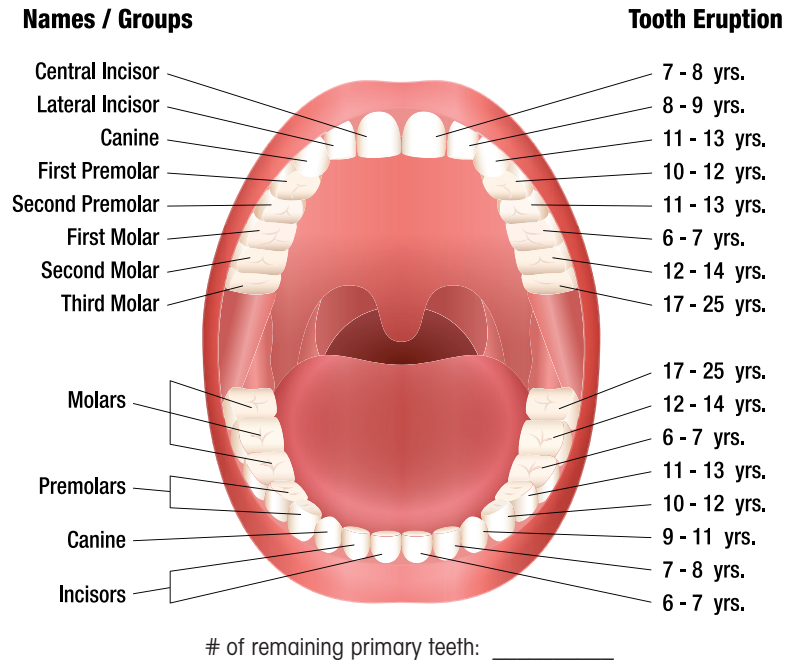
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# Ages 5-9 Dental Report Card

## Permanent Teeth Eruption Chart

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



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.
- Use a WaterPik® water flosser.
- Sealants are recommended.
- Referral to orthodontist.
- If you chew gum, choose sugar-free gum.
- A mouthguard is recommended for sports.

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

Your dental assistant today

Date

### 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

### Sugar Examples:

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 = 4.5 teaspoons of sugar

Gummy Vitamins (2) = 4 grams = 1 teaspoon of sugar

4 grams of sugar = 1 teaspoon of sugar