

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.



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.
- Use a smear/rice size amount of toothpaste or water 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 by laying child back in your lap.

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Ages 0-4 Dental Report Card

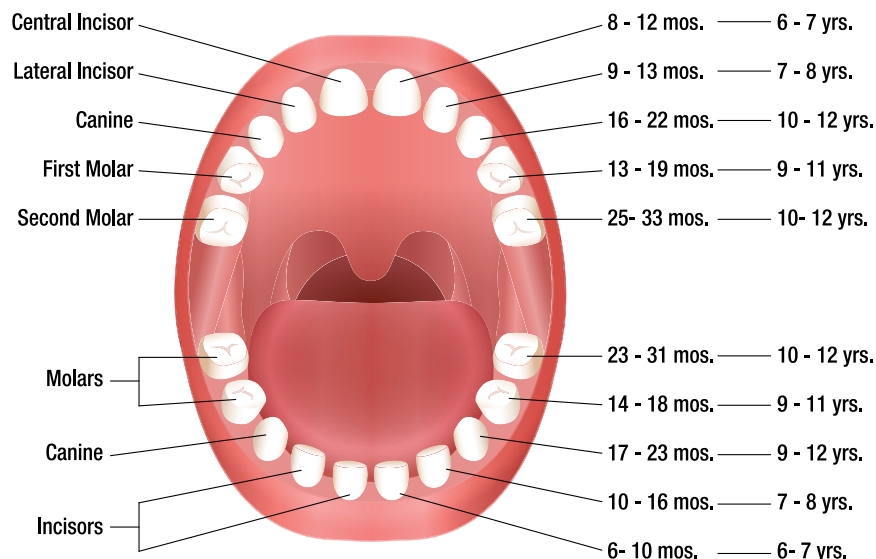
Primary Teeth Eruption Chart

Eruption pattern varies for all children

Names / Groups

Eruption

Shedding



Recommendations are highlighted:

- Avoid sticky candy, fruit snacks, raisins, granola bars, pop, Gatorade, juice, and chocolate milk to prevent cavities and establish healthy eating habits.
- If taking vitamins, choose hard chewable or liquid vitamins instead of gummy vitamins.
- Brush or wipe teeth following night time feedings.
- Avoid taking a bottle or sippy cup with milk or juice to bed.
- Eliminate pacifier use by age 2.
- Discuss strategies to eliminate finger/thumb sucking.

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:

Organic TreeTop 100% Apple Juice 8 oz. = 26 grams = 6.5 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

