



Pre-Teen Dental Report Card

Recommendations are highlighted:

- Brush using circles
- Floss daily
- Sonicare® toothbrush
- WaterPik® water flosser
- Reduce sweets
- Timer for 2 minutes
- Sugar-free gum
- Mouthguard
- Sealants
- Referral to orthodontist
- 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

Patient name _____

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

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SMILE SAVING SUGGESTIONS

LINCOLN PEDIATRIC DENTISTRY



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.

Flossing/Brushing: Flossing daily cleans the mucous and food from areas that your toothbrush can't reach and helps prevent gingivitis, bad breath, and cavities. To prevent cavities and gingivitis/bleeding gums, brush your teeth and gums 2 times every day using a circular motion. Circles help clean underneath the gum tissue where bacteria hide.



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.



Brushing: To prevent cavities and gingivitis/bleeding gums, brush your teeth and gums 2 times every day using a circular motion. Circles help clean underneath the gum tissue where bacteria hide.



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.

Human Papillomavirus (HPV):

Talk to your pediatrician or family care practitioner about immunization against the Human Papillomavirus (HPV) which can cause oral cancer.

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.

