



Teen Dental Report Card

Recommendations are highlighted:

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

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

Heidi J. Stark, D.D.S. • Libby A. Johnson, D.D.S. • Emily J. Egle, D.D.S.
Katie J. Garcia, D.D.S. • Allie L. Wolf, D.D.S. • Baylee J. Mink, D.D.S.
Jennifer A. Carter, D.D.S. • Alexa C. Rosenau, D.D.S.

LincolnPediatricDentistry.com

North Office: 3272 Salt Creek Cr., Ste. A • Lincoln, NE 68504 • (402) 476-1500 • Fax (402) 476-1510
Southeast Office: 4301 S. 80th St. • Lincoln, NE 68516 • (402) 476-1500 • Fax (402) 476-1510
East Office: 7001 A St., #103 • Lincoln, NE 68510 • Phone (402) 476-1500 • Fax (402) 476-1510
Yankee Hill Office: 3811 Grainger Pkwy • Lincoln, NE 68510 • Phone (402) 476-1500 • Fax (402) 476-1510

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.

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.



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.



Whitening products: Should only be used for patients with a low risk for decay. Please ask your dentist.

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.



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.

Smoking/tobacco/cigarettes: These nicotine containing products cause periodontal disease, gingivitis, heart disease, lung disease, and many other serious health conditions. These products can quickly and permanently stain the teeth yellow and cause bad breath. Utilizing these products has been shown to lead to drug abuse.

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

