

Stop tooth decay by following these directions.

Fluoride

Fluoride helps prevent tooth decay by making the tooth more resistant to acid attacks from plaque bacteria and sugars in the mouth. It also reverses early tooth decay.

Sealants

Dental sealants act as a barrier to prevent cavities. They are a protective coating usually applied the chewing surfaces of the back teeth (premolars and molars) where decay occurs most often.

Home Care

Brush teeth two minutes at a time, after breakfast and before bedtime to remove decay causing plaque build up. When teeth are touching, make sure to floss daily to rid any debris. For children under age six, parents should help with brushing due to motor skills not being fully developed.

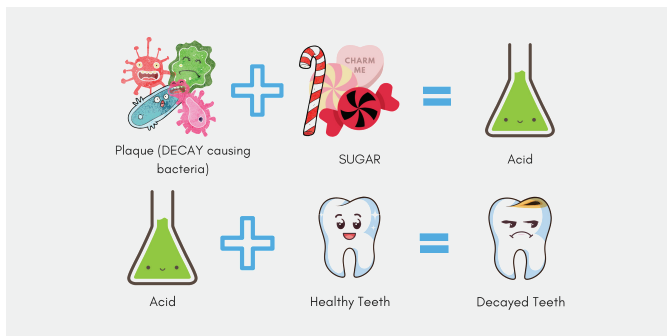
Dental Visits

Visit your dental hygienist and dentist two times a year for a professional cleaning and dental exam. Follow home care instructions from your dentist and dental hygienist.

Nutrition and Diet

Eat a well-balanced diet that is rich in calcium and low in sugar. Avoid sugary beverages including juice and sports drinks.

Stop prolonged snacking.



Scan Here

For a list of our dental locations:



For Information, please call:

844.853.8937

compasshealthnetwork.org



Oral Health Report Card



Clinical Examination

- ☐ Evaluation of tooth and jaw development
- ☐ Cavity detection examination
- ☐ Pathology screening
- ☐ Monitoring of restorative treatment

Dental Prophylaxis & Fluoride Varnish

- ☐ Avoid hard food brushing and flossing for the next four (4) hours

X-rays (Radiographs) Taken

- ☐ Bitewings to evaluate for tooth decay
- ☐ Panorex to evaluate for jaw development, tooth development and pathology screen
- ☐ Periapicals to evaluate the whole tooth

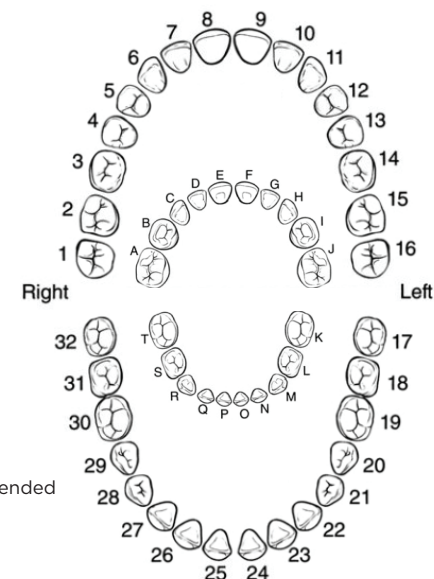
Next Appointment: _____

ORAL HEALTH REPORT

Name _____

Date _____

Exam, Cleaning and Fluoride completed today.

**KEY**

"C" Cavity

"S" Sealants recommended

"W" Areas to watch, beginning cavity

CURRENT STATUS

Child's Oral Hygiene

- ☐ Good
- ☐ Fair
- ☐ Needs Improvement

Cavities Cavity Risk Low Moderate High (circle one)

- ☐ Yes
- ☐ Areas to watch
- ☐ No

Gums and Supporting Tissue

- ☐ Normal
- ☐ Inflamed/gingivitis
- ☐ Thin tissues(reduced attachment, recession)
- ☐ Frenum - high muscle attachment or under lip or tongue
- ☐ Other _____

Tooth Development

- ☐ Normal
- ☐ Hypoplastic enamel
- ☐ Fusion/germination
- ☐ Missing Teeth
- ☐ Abnormal Shape
- ☐ Other _____

TOOTH ERUPTION

- ☐ Normal
- ☐ Ankylosed teeth
- ☐ Ectopic eruption
- ☐ Abnormal/Delayed
- *Congenital(missing teeth)

ORTHODONTIC EVALUATION

- ☐ No intervention at this time
- ☐ Crowding
- ☐ Jaw relation
- ☐ Crossbite
- ☐ Malalignment
- ☐ Plan for braces in the future

RECOMMENDATIONS FOR OPTIMAL ORAL HEALTH

- ☐ Sealants
- ☐ Restorative (fillings or crowns)
- ☐ Pulp Therapy
- ☐ Extractions
- ☐ Space maintainers
- ☐ Other appliance
- ☐ Nitrous oxide and/or oxygen treatment
- ☐ Give your child the appropriate dose of Tylenol or Motrin before treatment
- ☐ Other _____

HOME CARE PROGRAM

- ☐ Brush 2 times a day (once in the morning and once at night)
- ☐ Floss once a day
- ☐ Parents assist in brushing and flossing
- ☐ Toothpaste with fluoride (pea size on brush)
- ☐ Fluoride mouth rinse (ACT®) use after brushing and flossing (no eating or drinking for 30 minutes afterward - not below age 5 adult monitored)
- ☐ Nutrition
- Limit sweets
 - Limit sodas and juice
 - Limit between meal snacks of cooked starches (dried cereal, potato chips, granola bars)
- ☐ Rx Toothpaste or antibiotic

PREVENTATIVE CARE

- ☐ 3 months ☐ 6 months ☐ Other
- ☐ Periapicals ☐ Bitewings ☐ Panorex

Please scan on your mobile device to fill out Parent Survey.

