



Parent's Guide to Good Dental Health

<u>Age</u>	<u>Procedure</u>
Birth- 1 yr	Begin oral hygiene Begin fluoride therapy, as directed by your physician or dentist
1 yr	Discontinue bottle use (especially at night) in consultation with your doctor
1-2 yrs	First visit to dentist Continue oral hygiene Diet counseling-hygiene instruction
3-4 yrs	Evaluate primary molars for enamel sealant Verify change in fluoride dosage
5 1/2-6 yrs	Seal permanent first molars
7-8 yrs	Ask for orthodontic evaluation
10-11 yrs	Seal all premolars Evaluate appearance of teeth Confirm orthodontic evaluation
12 yrs	Seal permanent second molars
12-16 yrs	Continue check-up visits every six months
17 yrs	Discontinue fluoride treatment

The above procedures are in addition to periodic check-up exams every six months.

