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Oral Hygiene Instructions (Ages 7-10)

- Encourage your child to brush his/her teeth a minimum of twice per day (one minute in the morning and 2 minutes before bedtime followed by a 1-minute fluoride rinse).
- Periodically supervise or observe your child's brushing technique.
- Floss your child's teeth once per day (at night) and have your child assume that responsibility when he/she becomes proficient.
- Have your child do a 1-minute fluoride rinse in the morning and again just before bedtime. Initially, supervise the use of the fluoride rinse, until you are confident that your child is not swallowing the solution.

Recommendations:

- Toothbrush: Oral-B electric or similar or soft handbrush
- Fluoride Rinse or Gel which contains no alcohol (ACT; Fluorigard)
- Fluoride-containing toothpaste (ADA approved)
- Floss: Patient preference, but consider Glide if floss tends to shred.
- Gum: Chew gum containing Xylitol as the principal sweetener.
- Sealants: A bonded coating that protects the biting, grooved surface of the permanent molars against decay.