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Oral Hygiene Instructions (Birth to age 6)

Infants

- Wipe Gum Pads with a soft cotton wash cloth after feedings
- Continue wiping gums and teeth when the front teeth erupt
- When molars erupt begin using a soft child's toothbrush, first using warm water and after an adjustment period use a very small amount of toothpaste (less than a "pea size")
- Brush thoroughly 2X per day
- Do NOT allow the child to use a bottle (with any beverage other than water) or nurse for prolonged periods after age 1. This will result in tooth decalcification (softening of the enamel) and promote extensive dental decay.

Children

- Brush your child's teeth a minimum of twice per day
- Allow your child to brush his/her teeth either before or after you do it. Keep a separate toothbrush that they can use, because those brush bristles will not maintain their correct shape. This will enable your child to begin to learn and experience brushing. We are relying on you to be effective in removing the dental plaque.
- Floss 1X per day between the back molars. There are 4 areas to floss.
- Position your child with his/her head in your lap while sitting on the bed or the floor. Have their legs parallel with yours. If you need to further limit your child's movement, you can wrap your legs over theirs. Another comfortable position is to stand behind your child with his/her back to your front and support their head with your chest.