

After the First Visit

A simple follow-up for the day after your child's first dental visit

Child's name:

Visit date:

Next visit:

WHAT THE DENTIST SAID

What was checked:

What was done, if anything:

Anything the dentist asked us to watch:

NEXT VISIT

Reason for the next visit (check-up, monitoring, treatment):

Questions to bring with us:

HOME CARE TO START OR CHANGE

- ☐ Brush twice a day with fluoride toothpaste, in the amount the dentist showed us.
- ☐ Check feeding habits, including bottles and cups, and the advice we were given.
- ☐ Pacifier or thumb sucking: note what the dentist suggested and when to review it.
- ☐ Limit sugary drinks and snacks, and offer water between meals.
- ☐ Other:

HOW MY CHILD DID

In our own words:

DON'T WAIT FOR THE NEXT APPOINTMENT IF...

Your child has tooth pain, an injury to the mouth or teeth, bleeding that won't stop, or swelling on the cheek or gum. Contact their dentist. For facial swelling that spreads, call right away. For trouble breathing or swallowing, seek emergency medical care immediately.