



Brilliant.®



## The Children's Oral Care Guide

[BrilliantOralCare.com](http://BrilliantOralCare.com)



# Brilliant<sup>®</sup> Advice to Parents

## Foundational

Newborns & Infants

- Spit Up
- Reflux
- Oral Thrush
- Yeast
- Bottles & Nursing

## Teething & Budding

- First Purees & Cereals
- Fussy
- Budding Gums
- Gnawing
- No Teeth Yet
- Drooling
- Tender Gums

## Eruption & Development

- Weaning
- Toothbrushing
- Juices & Milk
- Front Teeth Erupt First
- First Dental Visit
- Learning to Chew
- Sticky & Chewy Foods
- Molar Teeth Erupt



# Oral Care During Pregnancy

Pregnancy causes hormonal changes that can increase a mother's risk for gingivitis and periodontitis. In fact, if you already have symptoms or a diagnosis of an oral disease, pregnancy hormones can make it worse. Progesterone may make it easier for bacteria to grow, make gums more sensitive to the presence of plaque, and

exaggerate the body's response to the toxins produced by bacteria. Some pregnancies are plagued by nausea, vomiting, and reflux that can additionally damage teeth and gum tissues. As a result, oral care can become more painful and less effective.



## Oral Tips

- Brush at least twice a day with a tooth gel enhanced with xylitol. This will help control bacteria, reduce acids, and increase saliva that helps to mineralize the teeth
- Floss daily to remove plaque between teeth
- Visit your dentist for a cleaning and evaluation
- Do not brush after a reflux or vomiting episode. Stomach acid removes the protective tooth pellicle, and it takes the saliva 30 minutes to remake. Instead, rinse with water and use xylitol to rub into your teeth and gums



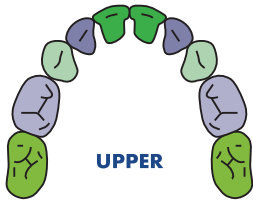
## Brilliant® Expectant Mom Toothbrush

- Gentle on sensitive teeth and tender gums
- Microfine bristles for softer & more effective brushing
- Ideal choice for: Pregnancy Gingivitis, Hyperemesis Gravidarum, and Pregnancy Periodontitis

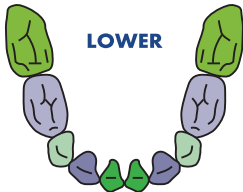


**TIP** Talk to your dentist about an oral care program for your specific needs.

# Baby Teeth Chart

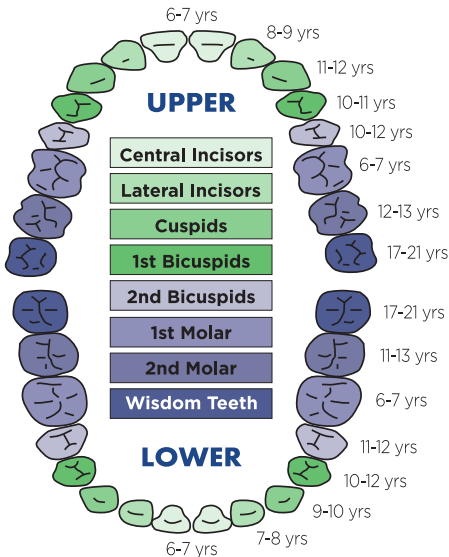


| Upper Teeth      | Tooth Erupts | Tooth Lost |
|------------------|--------------|------------|
| Central Incisors | 8-12 mos     | 5-7 yrs    |
| Lateral Incisors | 9-13 mos     | 7-8 yrs    |
| Canine           | 16-22 mos    | 10-12 yrs  |
| 1st Molar        | 13-19 mos    | 9-11 yrs   |
| 2nd Molar        | 25-33 mos    | 10-12 yrs  |



| Lower Teeth      | Tooth Erupts | Tooth Lost |
|------------------|--------------|------------|
| 2nd Molar        | 23-31 mos    | 10-12 yrs  |
| 1st Molar        | 14-18 mos    | 9-11 yrs   |
| Canine           | 17-23 mos    | 10-12 yrs  |
| Lateral Incisors | 10-15 mos    | 7-8 yrs    |
| Central Incisors | 5-10 mos     | 5-7 yrs    |

# Permanent Teeth Chart



Baby teeth, sometimes called “milk teeth” or “primary teeth,” are very important in the healthy eruption and development of permanent teeth. Each baby tooth holds a space for the developing permanent tooth underneath the gums. If the baby tooth is prematurely lost due to decay or trauma, it can affect the spacing and cause crowding. If decay is left untreated, it can cause pain and infection that can spread to the permanent tooth and even to other parts of the body. **So just because baby teeth fall out, it does not make their oral care any less important.**

# Newborns/Infants

**Foundational**  
Newborns & Infants

**Teething &  
Budding**

**Eruption &  
Development**

Start healthy habits early by establishing a **foundational** oral care routine with your baby. Oral care starts by gently rubbing your newborn's gums, tongue, and inside cheeks with a sterile cleansing cloth. This will establish an oral care routine, clean the baby's mouth of milk residue & acids from reflux, and help lower the risk of bacterial overgrowth that can contribute to oral thrush.

## Why Xylitol:

Researched for over forty years with thousands of studies confirming its effectiveness and safety in oral care. Xylitol is a natural sugar that actually inhibits the growth of bacteria instead of feeding the growth of it, like other sugars do. Xylitol helps prevent cavities by reducing the amounts of pathogenic bacteria in the mouth and their ability to adhere to the teeth. For more of the amazing benefits of xylitol, visit <https://xylitol.org/>

## Brilliant® Spry

3 months+

**TOOTH GEL**

with  
**Xylitol**

- Natural
- Safe if Swallowed
- Fluoride-Free



\*\*Washcloths can harbor bacteria if not laundered properly and are not the best choice for a newborn's mouth. \*\*

## Brilliant® Tooth Tissues®

0 months+

- Fluoride & paraben-free
- Enhanced with xylitol
- Invented by dentist
- Bubble gum flavor



- Wipe and clean baby's mouth after bottle feeding or nursing. Use sterile mouth tissues.
- Begin to brush baby's gums at around 3 months old and continue to use sterile mouth tissues.

## Brilliant® Finger Toothbrush

3 months+

- 100% silicone
- Chill for teething babies



**TIP** Use a rice-sized amount amount of Spry Tooth Gel to promote a healthy environment for first teeth.

# Teething/Budding

Foundational  
Newborns & Infants

Teething &  
Budding

Eruption &  
Development

Teething can begin as early as 3 months old and is followed closely after by **budding**. This is when a baby's teeth begin to push up and "bud" up through the gums. Drooling, chewing, and sore/tender gums are just some of the symptoms your growing little one can face while **teething**. Some children will become restless or fussy. Others may refuse to eat or have a very low-grade fever when teeth are about to "bud" up through the gums. To help during this time, provide something soothing to help massage and stimulate tender and inflamed gums.

## Brilliant®

### Wipe N' Brush

4 months+

- Brushes gums as you wipe
- Combines the Tooth Tissue with the Finger Toothbrush in one simple step
- Tooth Tissue sold separately



## Oral Tips

- Allow baby to chew and teethe for relief and comfort. Always supervise
- Brush, wipe, and clean baby's mouth after feeding
- Use a rice-sized amount of xylitol gel to enhance results and control bacteria



## Brilliant®

### Baby's 1st Teether-Brush

4 months+

- 100% chewable silicone
- Dentist designed
- Sensory stimulation
- Freeze or chill for added relief
- Independent brush for baby to use
- Soothes budding gums & first teeth



## TIP

Always talk to your doctor about any behaviors that concern you about your little one and get advice about teething and low-grade fevers.

## Eruption/ Development

Foundational  
Newborns & Infants

Teething &  
Budding

Eruption &  
Development

Baby teeth begin developing in utero and will erupt into the mouth during the first year. Once a tooth fully erupts into the mouth, it needs to be brushed with a soft bristle toothbrush. The front teeth typically erupt first. However, it won't be long before your child will have a full set of teeth developed (20 baby teeth).

Baby molars (back chewing teeth) have pits and grooves in them that can trap food more easily. Choose a brush with bristles that are firm enough to remove these foods, yet soft enough for teeth and tissues.

### Parents - Need to Know

Adults should perform ALL the oral care for their children until the age of five. Then parents need to directly supervise their children while they practice independent brushing. Check their mouths regularly for effective brushing.

Children don't acquire the grip strength or dexterity to effectively brush their own teeth by themselves until the age of five at least (much later than that sometimes). As a rule to help you gauge their ability, they most likely have the skills necessary for more independent brushing when they are able to tie their shoes.

**\*\*DON'T** let your baby/child bite, chew, or teethe on any bristled toothbrush. This can damage the brush, oral tissues, and teeth. **\*\***

### Brilliant® Baby Toothbrush 4-24 months

- For baby's first teeth
- Soft microfibrine bristles

### Brilliant® Child Toothbrush 2-5 years

- For full mouth brushing when molars erupt
- Firmer microfibrine bristles for molar teeth



### Oral Tips

- Brush twice a day, reaching all surfaces
- Use a rice-sized amount of tooth gel
- Always supervise brushing while training a child to brush and spit effectively
- Visit the dentist within 6 months of the first tooth erupting or by the first birthday (whichever comes first)

# Brilliant Kids Sonic Toothbrushes



Brilliant Sonic Toothbrushes come with a gentle sonic motor and wider comfort grip base. A built-in LED light helps to illuminate the mouth for added fun and education.

**Sonic technology** offers two cleaning mechanisms for optimal efficiency. First, Mechanical Scrubbing is the action of the bristles as they touch the teeth. Second, Non-Contact Cleaning happens beyond the bristles, through microbubbles and sonic waves that destroy dental plaque and bacteria. This gives sonic toothbrushes the potential for much greater plaque removal.

Change the brush head when the bristles begin to bend and flex. Twist and pull up to remove and replace the brush head. Requires 1 AAA battery. Twist and pull down on base to access the battery chamber.

## Brilliant<sup>®</sup> Kids Sonic Toothbrush 3 years+

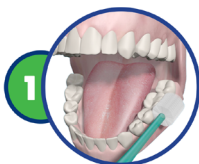
- 16,000+ brush strokes/minute
- 3-minute timer
- Pulses every 45 seconds for quadrant brushing
- Auto shut-off
- Requires 1 AAA battery





Brilliant toothbrushes work just like ordinary toothbrushes, but because our brush head is round, there is no angle to maintain while brushing. This makes brush training much easier for children. Brilliant's 360 degrees of bristles remove more plaque and bacteria with its multi-directional cleaning design. With 10x the amount of bristles, we are the "Can't-Miss Toothbrush" for kids.

## Brilliant Brushing Guide



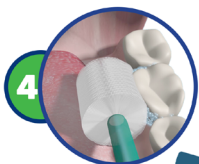
Place the toothbrush in the mouth, and gently move the brush back and forth in short strokes.



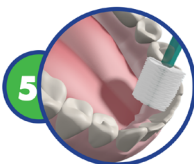
Brush the outer surface of every tooth.



Brush the chewing surface of every tooth.



Brush the inside surface of every tooth.



To brush the inside surfaces of the front teeth, tilt the brush from horizontal to vertical and use several up and down strokes.



Brilliant.

Brush twice a day for 2 minutes. Brush the tongue and floss at least once a day. Change your toothbrush when the bristles begin to wear down, approximately every 3-4 months.



**TIP** Do not let a child chew or teethe on a bristle toothbrush, as this can damage the gum tissue and cause painful ulcers.

## Additional Brilliant Choices

### Special Soft Toothbrush

Oral care can become difficult to perform and painful to continue when faced with the side effects from certain conditions. The Brilliant Special Soft Toothbrush was specifically designed for these special circumstances. With over 21,000 microfine bristles, it has the softest and greatest number of bristles available in any of our toothbrushes. This brush was designed for those who experience oral sensitivities due to cancer treatments, sensory processing disorders, autism, oral surgeries, and other forms of special needs. The Brilliant Special Soft Toothbrush gently cleans teeth and gums, letting you take back control of your oral care routine!



Ideal choice for people with special oral care needs, such as:

- Autism
- Sensory Processing Disorder (SPD)
- Immune Deficiency
- Cancer Patients
- Oral Surgery Recovery
- Xerostomia (dry mouth)
- Pemphigus
- Lichen Planus



### Brilliant® Oral Care Kits

These specially selected oral care kits make gifting a Lifetime of Healthy Smiles easier!

- New Baby Oral Care Kit
- First Teeth Oral Care Kit
- Growing Kids Oral Care Kit



There are so many reasons to keep your family's teeth and gums healthy. The American Academy of Pediatrics considers early childhood caries (tooth decay) to be the number one chronic disease affecting young children. Oral care is important and should begin from infancy and carry on through adulthood.

- **Start oral care early.** Parents perform all oral care until age four or five, and then they start to train on proper technique. Direct supervision is needed until around age eight. Then they monitor and intervene as needed.



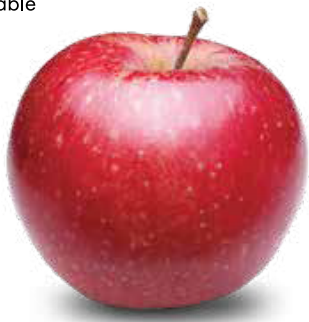
- **Choose the right toothbrush.** Replace every 3 months or when it begins to show wear. Also, replace a toothbrush after an illness.
- **Visit the dentist.** Regular dental visits should start no later than age one and recur regularly for life.
- **Floss your teeth.** It is the only way to clean in between the teeth and under the gums effectively. It needs to be done once daily for most people. Children can use regular floss or flossers while learning.

- **Xylitol and Fluoride.** These beneficial additions to an oral hygiene routine can help prevent cavities. Talk to your dental professional about which one is right for you.

- **Practice healthy eating habits.** Foods that are high in sugar are a common cause of tooth decay and should be limited to small amounts in the diet and enjoyed occasionally.

- **Keep snacks to a minimum.** Children will not eat a well-rounded meal if they have been snacking all day. Coming to the table a little hungry is good and makes them more likely to try new foods more frequently.

**TIP** Sticky, gummy, and chewy foods are not easily washed away from teeth by saliva, making them more likely to cause cavities.





# The Brilliant<sup>®</sup> Oral Care Guide

## Brilliant<sup>®</sup>



Finger Toothbrush



Tooth Tissues



Expectant Mom Toothbrush

Foundational



Baby's 1st Toothbrush



Wipe 'N Brush

Teething & Budding



Kids Sonic Toothbrush



Child Toothbrush



Baby Toothbrush

Eruption & Development

### Toothbrushes

Kids

Soft

Sensitive

Special Soft

### Oral Care Kits



Additional Items



# Brilliant<sup>®</sup>

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