



ORAL HYGIENE

Every time you have an appointment you will be given a score out of five for your tooth brushing

Competition: : Score a five out of five and you get the chance to go into our competition to win some great prizes.

	5/5EXCELLENT! COULDN'T BE BETTER.
	4/5VERY GOOD – JUST MISSING A COUPLE OF TRICKY AREAS.
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	3/5AVERAGE – ONLY CLEANING THE EASY AREAS.
	2/5POOR ORAL HYGIENE – NEEDS TO IMPROVE.
	1/5VERY POOR ORAL HYGIENE – <u>REALLY</u> NEEDS TO IMPROVE.
	0/5DISASTROUS – PLAQUE & FOOD EVERYWHERE. THESE TEETH HAVEN'T BEEN BRUSHED FOR DAYS.



***If you scored a 4 or 5 for your cleaning you can be assured that your good work will pay off – your gums will stay healthy and your teeth will be decay and stain free!
KEEP UP THE GOOD WORK!***

If you scored a 3 or below you are at risk of developing



- ***Tooth decay***
- ***Permanent decay marks***
- ***Gum Disease****

****Red, swollen, bleeding gums are signs that you are leaving plaque on your teeth. Its time to revise your brushing technique, ensure you are:***

- *Taking your time – remember it takes 8-10 minutes!*
- *Massaging the gums with the bristles*
- *Using the small toothbrush behind the wires*