

ORAL HYGIENE PRESCRIPTION FOR:

DATE:

BLEEDING SCORE:

PLAQUE SCORE:



The single biggest risk factor for developing gum disease is poor oral hygiene. Allowing plaque bacteria to sit around your teeth and gums (particularly in between your teeth) for prolonged periods of more than 24 hrs will put you at risk of developing gum problems. Today we have evaluated your gum health and based on those findings, have made the following recommendations for your daily Oral Hygiene regime. Everyone's mouth is different. This prescription is specific to your needs. Don't worry if someone you know has been given different advice.

<b>TOOTHBRUSHING</b>	
<b>TOOTHPASTE</b>	
<b>MOUTHWASH</b>	
<b>SUB-GINGIVAL CLEANING</b>	
<b>IMPLANT CARE</b>	
<b>DENTURE CARE</b>	
<b>INTERDENTAL AIDS</b>	

SITE SPECIFIC INTERDENTAL MAP

Working From The First Space On The Top Left:

Working From The First Space On The Bottom Left:

