

# Healthy Mouth Checklist



Does anything make it hard for you to go to the dentist?

Does anything make it easier for you to go?

Please tell us what you eat between meals?

Anything else you would like to tell your dentist about keeping your mouth healthy:

You can fill this out before you go to the dentist. Your dentist will talk with you about how you can keep a healthy mouth. It will help him or her make your visit a good one.



Your Name:

What is your dentist's name?

Do you brush your teeth two times a day?

Yes  No

Do you floss at least one time a day?

Yes  No

Do you brush your own teeth?

Yes  No

If no, what support do you need?

Do you floss your own teeth?

Yes  No

If no, what support do you need?

Do your gums bleed when you brush or floss your teeth?

Yes  No

Which of these tells us about your mouth:

- I have loose teeth.
- I often have a dry mouth.
- I have gums that bleed.
- It hurts when I chew.
- I often have a bad taste in my mouth.

Can you go to the dentist by yourself?

Yes  No

If no, what support do you need?