



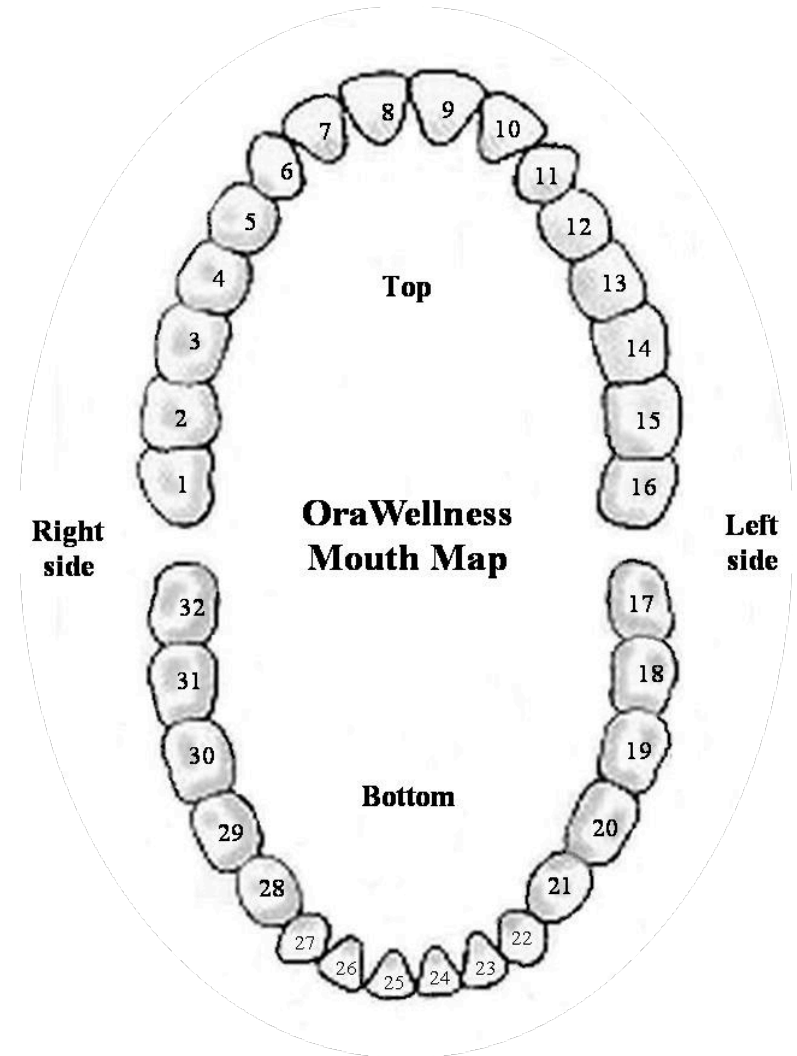
Take Control of Your Oral Health  
www.OraWellness.com

Note: Be mindful when first starting the chart. You may not have all 32 teeth. Teeth 1, 16, 17 and 32 are wisdom teeth.

***“In order to reach a new destination we must first know our current location.”***

The OraWellness Mouth Map is to be used as a discovery tool intended to help you better know what is really going on in your mouth.

The Mouth Map will help you remember the specific spots in your mouth that need more care. This map can also serve as a dated record of your self assessment for you as your oral health improves over time.

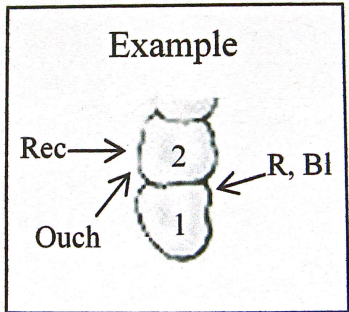


**Instructions**

**Step 1:** X out any teeth no longer in your mouth.

**Step 2:** Going tooth by tooth using a gum stimulator, tooth brush or finger, make notes of any discomforts, swelling, discoloration, pain, etc. on the mouth map.

**Step 3:** Floss while watching in a mirror. Make notes on the mouth map of any spots that bleed, feel swollen or cause any discomfort when flossed.



**Note Making Suggestions**

Redness - R  
Bleeding - Bl  
Pain/sensitivity - Ouch  
Gum recession - Rec  
Swelling - Sw  
Pus - Pus

Date I completed this map:

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