

OraWellness Mouth Map

Universal (American) Numbering

Date I completed this map: _____

This discovery tool supports dental self-empowerment by helping you increase your awareness of what is going on in your mouth.

It will serve you in two main ways:

1. It helps you remember the specific spots in your mouth that need more care and support.
2. It serves as a dated record that you can use to track your oral health improvements over time. Simply date and keep this Mouth Map. Then complete a new one every 1-2 months so you can compare the results to track your progress.

For additional helpful ideas to maximize your benefit using the Mouth Map, please visit:

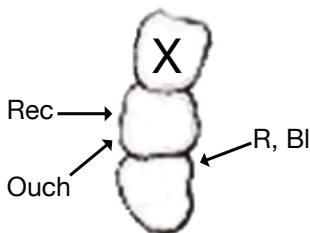
OraWellness.com/first-step.

How to fill out your Mouth Map:

1. You may not have all 32 teeth. For example, teeth 1, 16, 17, and 32 are wisdom teeth. On the Mouth Map, write an X over any teeth you don't have.
2. Use your finger, gum stimulator, or toothbrush to gently touch the gums around each tooth. On your Mouth Map, make notes of any discomfort, swelling, discoloration, pain, or bleeding.
3. Floss while watching in a mirror. On your Mouth Map, make notes of any spots that bleed, feel swollen, or cause any discomfort when flossed.

For more info on conscious flossing, watch the video, "How to floss and NOT damage your gums" at OraWellness.com/videos/how-to-floss/.

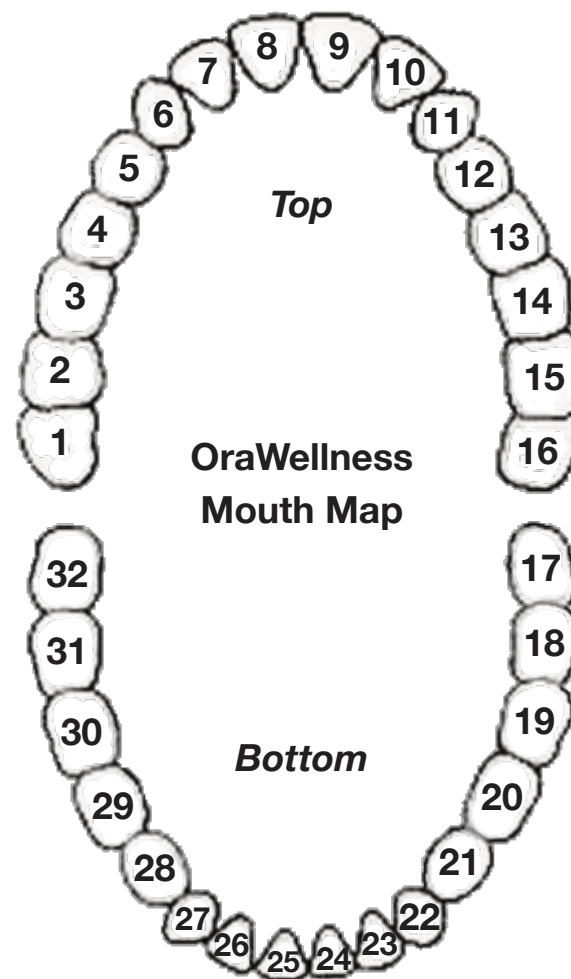
Example:



Note Suggestions:

- Missing tooth - **X**
- Redness - **R**
- Bleeding - **BI**
- Pain/sensitivity - **Ouch**
- Gum recession - **Rec**
- Swelling - **Sw**
- Pus - **Pus**

Right
side



Left
side