

# My Teeth



My dentist is:

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I have:

My own teeth



False teeth



When I have a check I am:



When I have a treatment I am:



In the past I have needed:

I need sedation



General Anaesthetic



# My Teeth

## What support I need to look after my teeth, mouth and gums

I look after my teeth myself. Please ask me if everything is ok.



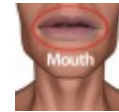
Hand over hand help from my carer



I need my carer to prompt and encourage me



I need my carer to look after my mouth care



I do some of my own mouth care but need my carer to finish it



Other help



**Other information, for example likes and dislikes when at the dentist:**

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# My Teeth

The coloured areas are where I need to brush better



Please see my care plan

Upper

Lower

12 13 14

Date: \_\_\_\_\_

This diagram shows a top-down view of a human mouth with the upper and lower teeth outlined. The teeth are arranged in two rows, with the upper row at the top and the lower row at the bottom. The tongue is visible in the center. The diagram is intended for marking areas where brushing is needed. In the bottom left corner, there is a small calendar icon showing the dates 12, 13, and 14, and a line for writing the date.

Upper

Lower

12 13 14

Date: \_\_\_\_\_

This diagram is identical to the one on the left, showing a top-down view of a human mouth with the upper and lower teeth outlined. It is intended for marking areas where brushing is needed. In the bottom left corner, there is a small calendar icon showing the dates 12, 13, and 14, and a line for writing the date.

# My Teeth

What I use to look after my mouth:

Special toothpaste



High fluoride toothpaste



An electric toothbrush



A normal (manual) toothbrush



Corsodyl gel



Mouthwash



Other:

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