

### Oral Health Assessment Questions

Do you use a manual/electric/Sonic toothbrush?

- Evidence Suggests either is suffice, providing you use the correct technique

How many times a day do you brush? Once/ Twice/ Three/ Other

- Spit don't rinse after brushing is recommended
- Last thing at night and one other occasion is recommended
- No more than 3x is also recommended

How often do you change your toothbrush or head?

- The recommendation is every 3-4 months or as soon as the bristles become splayed, which ever comes first

Do you clean in between your teeth with floss/ interdental brushes/ Water flosser/ I do not clean in between my teeth? How often?

- It is recommended to clean in between your teeth once a day before brushing

Do you clean your tongue? YES/NO With a Toothbrush/ Tongue Scraper

- It is recommended to clean your tongue regularly with a tongue cleaner
- If you have white/black/brown hairy tongue is recommended to have a break from cleaning your tongue as this can make it worse

Do you use mouthwash? YES/NO

- Mouthwashes containing either Chlorhexidine or Essential Oils (Listerine), shows plaque levels controlled better when compared to mechanical cleaning alone

If yes, do you use before, after, or separate to brushing?

- A 30-minute gap between brushing/eating/using mouthwash is recommended either side
- Mouthwash is recommended at a separate time to brushing (unless using Chlorhexidine)
- Never brush straight after eating/drinking (unless drinking plain still water)
- Never eat/drink straight after brushing your teeth

What brand toothpaste and mouthwash do you use?

- Toothpaste containing fluoride will help strengthen your teeth and prevent tooth decay

Do your gums bleed when brushing or cleaning in between your teeth? YES/NO

- Healthy gums do not bleed

Do you have any concerns or complaints about your teeth or gums?

Have you ever been told you have gum disease before? YES/NO

If yes, please give details:

When did you last see a dentist?

When did you last see a dental hygienist/therapist?

Do you Smoke? Non-Smoker/Ex-Smoker/Smoker

- Cigarettes, when burned contain more than 70,000 chemicals, 69 of which are known to cause cancer

Do you drink Alcohol? YES/NO On average how much/many units do you drink?

Government recommendations: < 14 units per week

14 Units: 6 pints of average strength per week/9 small glasses of wine per week/6 standard large glasses of wine per week/4 large glasses of wine per week/spread over 3-4 days

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