



Mouth check for:

Date of Birth: Today's Date:

Any medical conditions/ disability which can affect mouth care:

Any obvious dental problems e.g. facial swelling/ falls causing broken teeth?

Any changes to eating/ sleeping/ behaviour?

If yes please specify

Yes No

Yes No

Please lift the lip and check all areas of the mouth. Tick what applies and record any concerns in the box beneath each section:

Saliva:

- (G) Mouth moist, visible saliva
- (A) Visibly dry mouth
- (R) Thick, stringy saliva

Lips, tongue and soft tissues (inside of cheeks, roof of mouth, underneath tongue):

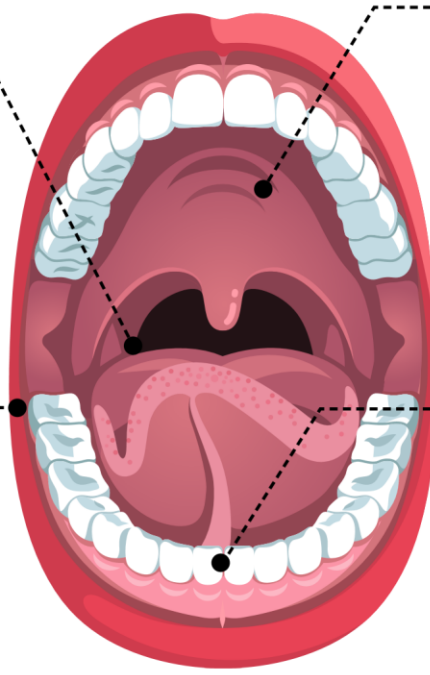
- (G) Smooth, moist, clean
- (A) Dry, cracked, coated
- (R) Sore, ulcerated

Gums:

- (G) Firm gums, no bleeding
- (A) Some bleeding on brushing, slightly inflamed
- (R) Puffy and inflamed gums, lots of bleeding on brushing or gum swelling present, bad breath

Teeth:

- (G) Clean teeth, little to no plaque
- (A) Some plaque and tartar present
- (R) Decayed or broken teeth, very wobbly or loose teeth (not including baby teeth)



Mouth Check Completed Yes No

If no, please give reason

Mouth Check Result

- If all **GREEN (G)**: book routine dental check-up.
- If any **AMBER (A)**: book routine dental check-up and inform dental practice of amber risk.
- If any **RED (R)**: book urgent dental check-up / treatment.

Mouth check completed by:

Name:

Signature

Job Title:

Next mouth check due:



Mouth Care Guide

Use this guide to help you complete the Mouth Check and see what actions to take next.

Green - Low Risk

Amber - Medium Risk

Red - High Risk

Teeth



Clean teeth



Some plaque and tartar present



Decayed, broken teeth

Lips, tongue and soft tissues (inside of cheeks, roof of mouth, underneath tongue)



Smooth, moist, clean



Dry, cracked lips or coated tongue



Sore, ulcerated lips or tongue

Gums



Firm gums, no bleeding



Some bleeding, on brushing, slightly inflamed



Puffy, inflamed gums with lots of bleeding or gum swelling present

Saliva



Mouth moist, visible saliva



Visibly dry mouth



Thick, stringy saliva

Book routine dental check-up. Continue with current mouth care routine.

Book routine dental check-up as soon as possible. Give tailored oral health advice as trained. If mouth is dry, encourage sips of water.

Book urgent dental check-up as soon as possible. Give tailored oral health advice as trained. If in pain, use painkillers as appropriate and book emergency dental appointment.