



Smile Assessment Toolkit

1

🌟 Dental Health Basics 🏰

Are my gums pink and firm?

Do I notice any bleeding when I brush?

Are there any signs of gum recession or pockets?

Do I experience persistent bad breath?

Am I having an unpleasant taste in my mouth?

Do I brush my teeth at least twice a day for 2 min each time?

Am I using fluoride toothpaste for added protection?



YES
~~NO~~



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🌟 Dental Health Basics 👑

Do I floss daily to remove hidden plaque between teeth?

Have I replaced my toothbrush within the last 3-4 months?

Am I consuming foods rich in calcium, like dairy products?

Do I eat crunchy fruits and veggies for natural cleaning?

Have I limited sugary and acidic snacks that harm my teeth?

Do I drink water after meals to rinse away debris?

Have I experienced toothache, sensitivity, or stained teeth?



YES
~~NO~~



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3

🌟 Dental Health Basics 🏰

Do I grind my teeth or have a history of cavities?

Do I have missing or misaligned teeth?

Am I confident in my smile, or do I wish to improve it?

Myth #1: Chewing gum replaces brushing?

Myth #2: White teeth are always healthy?

Myth #3: Sugar is the sole cause of cavities?

Myth #4: Brushing harder equals cleaner teeth?



YES
~~NO~~



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✨ Dental Health Basics

Myth #5: Only children get cavities?

Myth #6: Bad breath means poor hygiene?

Myth #7: All dental procedures are painful?

Myth #8: You don't need a dentist if you're not in pain?

Myth #9: Flossing isn't necessary?

Myth #10: Natural sweeteners don't harm teeth?

Worried about the expenses of dental treatments?



YES
~~NO~~



Smile Assessment Toolkit



After completing your checklist, take the next steps for a healthier smile:



YES



Visit your dentist

YES



Proudly present your responses

YES



Consult for personalized care

