



What is your decay risk?

A quick survey for discussion with your dental professional

Name:

Date:

To manage your decay risk, your dental professional needs some information

Please answer the questions below

1. How often do you brush your teeth?

- ☐ Less than once a day
- ☐ Once a day
- ☐ Twice a day
- ☐ More often

2. How long do you brush?

- ☐ Less than 1 minute
- ☐ 1 - 2 minutes
- ☐ Longer

3. What toothpaste do you use?

- ☐ Non fluoride toothpaste
- ☐ Regular strength toothpaste with 1000-1500 ppm fluoride
- ☐ High fluoride toothpaste with 5000 ppm
- ☐ Other: _____

4. How often do you use dental floss?

- ☐ Never
- ☐ Once a day
- ☐ More than once a week
- ☐ Less than once a week

5. How often do you visit your dental professional?

- ☐ Once a year or less
- ☐ Twice a year
- ☐ More than twice a year

6. How often do you snack in between meals?

- ☐ Never
- ☐ One to three times a day
- ☐ Four to six times a day
- ☐ More than six times a day

7. Which of the following do you snack on at least 3 times a week?

- ☐ Soft drinks
- ☐ Chocolate / sweets
- ☐ Fruit
- ☐ Sweetened yoghurt
- ☐ Biscuits / cakes
- ☐ Tea or coffee with sugar

8. Do you currently have or have you ever had ...?

- ☐ Orthodontic braces
- ☐ Cancer
- ☐ Diabetes
- ☐ Sensitive teeth

9. What medications are you currently taking?



Clinical Evaluation

To be completed by your dental professional

- ☐ Past experience of tooth decay or enamel lesions
- ☐ Visible build-up of dental plaque
- ☐ Appliances e.g. braces, restorations or other devices that increase plaque retention
- ☐ Reduced salivary flow / dry mouth
- ☐ Severe tooth destruction with inflammation and / or tooth infection (abscess)
- ☐ Gingival recession
- ☐ Previous restorations
- ☐ Exposed root surfaces

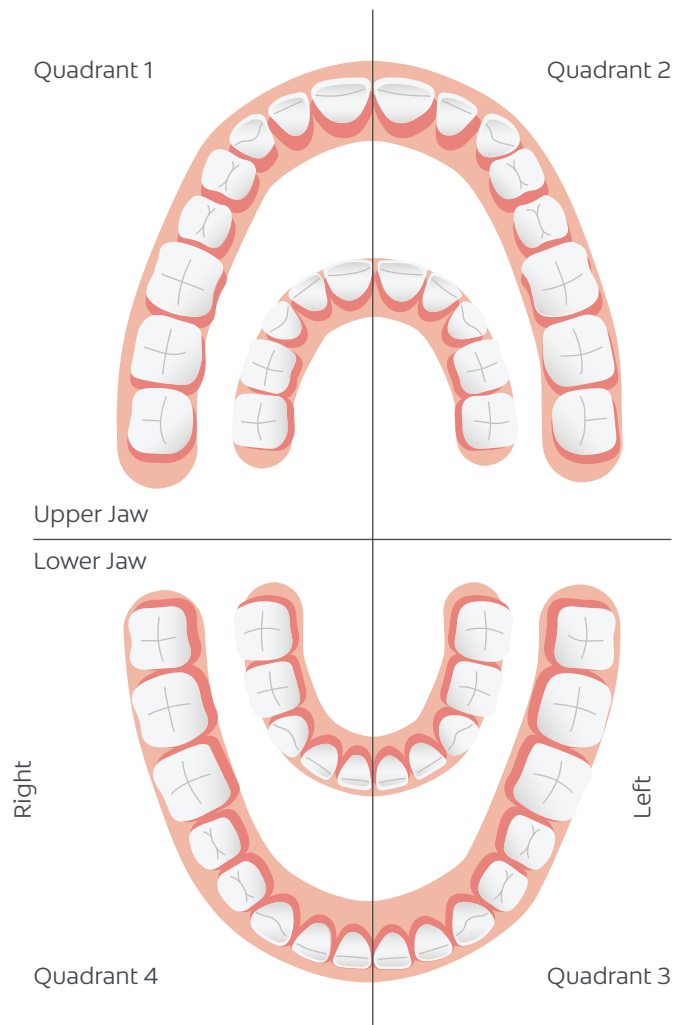
Your risk group:

☐ High

☐ Moderate

☐ Low

Existing dental decay:



Recommendations for you

- ☐ Brush at least 2 times a day with a fluoride toothpaste
- ☐ Decrease number of snacks
- ☐ Use a fluoride mouthwash daily
- ☐ Use dental floss or an interdental brush daily
- ☐ Change your toothbrush every 3 months
- ☐ Use an electric toothbrush
- ☐ Use a high fluoride toothpaste