

WHAT'S YOUR CARIES RISK?

A quick survey for discussion with
your dental professional

Name _____

Date _____

TO KEEP YOUR DENTAL DECAY RISK LOW, YOUR DENTAL PROFESSIONAL NEEDS SOME INFORMATION

Please answer the questions below

1. How often do you brush your teeth?

- 1 x a day
- 2 x 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 1000-1450 ppm fluoride
- High fluoride toothpaste
with 5000 ppm
- Other fluoride toothpaste

4. How often do you use dental floss?

- 1 x a day
- 1 x a week
- Less than 1 x a week

5. How often do you visit your dentist?

- 1 x a year or less
- 2 x a year
- More than 2 x a year

**6. How often do you snack in between
meals?**

- 1–3 x a day
- 4–6 x a day
- More than 6 x a day

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

- Soft drinks
- Chocolate /sweets
- Fruit
- Sweetened Yogurt
- Cookies /cakes
- Tea or coffee with sugar

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

- Orthodontic brackets
- 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

Existing caries lesions:

Quadrant 1

Quadrant 2

Upper jaw

Lower jaw

Right

Midline of face

Left

Quadrant 4

Quadrant 3

Your risk group:



High



Medium



Low

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