

# OraWellness Mouth Map

## Universal (American) Numbering

Please be mindful when starting the chart.  
You may not have all 32 teeth.  
Teeth 1, 16, 17, and 32 are wisdom teeth.

*"In order to reach a new destination  
we must first know our current location."*

Will and Susan Revak, OraWellness founders

The OraWellness Mouth Map is to be used as a discovery tool intended to help you better know what is really going on in your mouth.

Your mouth map is a very powerful tool to increase your dental self empowerment. It will serve you in two main ways:

1. Your mouth map will help you remember the specific spots in your mouth that need more care and support.
2. This map can also serve as a dated record of your 'current location'. By having this dated record, you will be able to see with your own eyes the improvements in your oral health over time.

To maximize your benefit using this Mouth Map, please visit: [OraWellness.com/first-step](http://OraWellness.com/first-step) for additional helpful ideas,

### How to fill out your Mouth Map

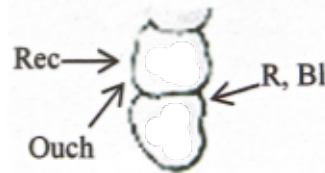
**Step 1:** X out any teeth no longer in your mouth.

**Step 2:** Going tooth by tooth using your finger, gum stimulator or toothbrush, make notes of any discomfort, swelling, discoloration, pain or bleeding on your mouth map.

**Step 3:** Floss while watching in a mirror. Make notes on the mouth map of any spots that bleed, feel swollen, or cause any discomfort when flossed.

For more info on conscious flossing, watch the video "How to practice conscious flossing" at <https://orawellness.com/videos/how-to-floss/>

### Example



### Note Suggestions

Redness - R  
Bleeding - BI  
Pain/sensitivity - Ouch  
Gum recession - Rec  
Swelling - Sw  
Pus - Pus

