

# OraWellness Mouth Map

## FDI World Dental Numbering

Date I completed this map: \_\_\_\_\_

This discovery tool supports dental self-empowerment by helping you increase your awareness of what is going on in your mouth.

### It will serve you in two main ways:

1. It helps you remember the specific spots in your mouth that need more care and support.
2. It serves as a dated record that you can use to track your oral health improvements over time. Simply date and keep this Mouth Map. Then complete a new one every 1-2 months so you can compare the results to track your progress.

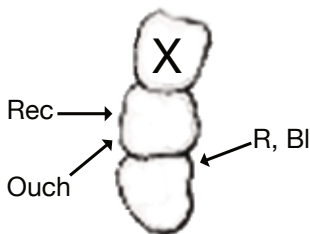
For additional helpful ideas to maximize your benefit using the Mouth Map, please visit: [OraWellness.com/first-step](http://OraWellness.com/first-step).

### How to fill out your Mouth Map:

1. You may not have all 32 teeth. For example, the teeth that are labeled 18, 28, 38, and 48 are wisdom teeth. On the Mouth Map, write an X over any teeth you don't have.
2. Use your finger, gum stimulator, or toothbrush to gently touch the gums around each tooth. On your Mouth Map, make notes of any discomfort, swelling, discoloration, pain, or bleeding.
3. Floss while watching in a mirror. On your Mouth Map, make notes of any spots that bleed, feel swollen, or cause any discomfort when flossed.

For more info on conscious flossing, watch the video, "How to floss and NOT damage your gums" at [OraWellness.com/videos/how-to-floss/](http://OraWellness.com/videos/how-to-floss/).

### Example:

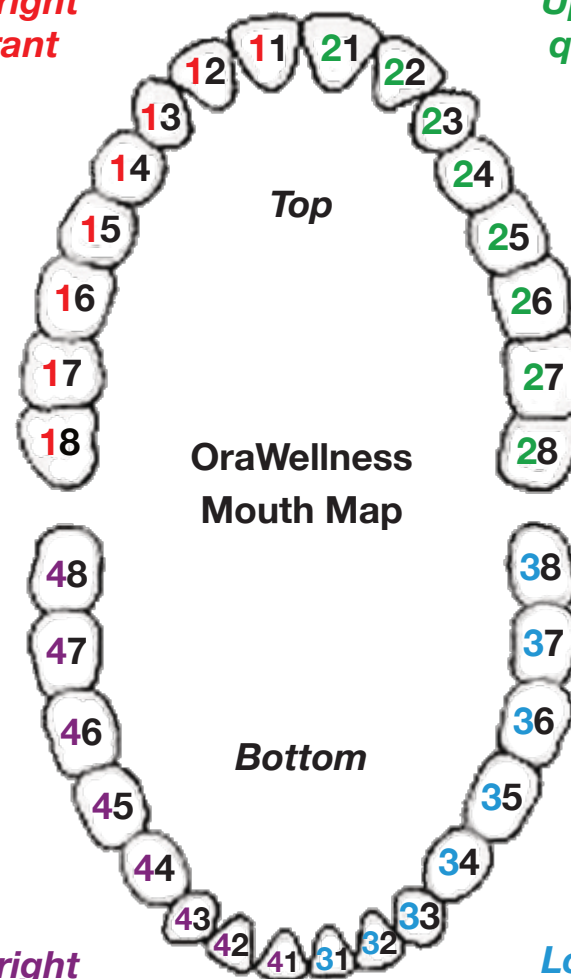


### Note Suggestions:

- Missing tooth - **X**
- Redness - **R**
- Bleeding - **BI**
- Pain/sensitivity - **Ouch**
- Gum recession - **Rec**
- Swelling - **Sw**
- Pus - **Pus**

Upper right quadrant

Upper left quadrant



Lower right quadrant

Lower left quadrant

The first (left) digit on each tooth is the mouth quadrant.  
The second (right) digit is the tooth number in that quadrant.