

# Your mouth and what to check for

## GOOD ORAL HEALTH FOR ADULTS

caring for your health...



### **LIPS:**

*Dryness, lumps, cracked corners, inflammation or abnormal colour*



### **TONGUE:**

*Patchy, white coating or any ulcers, redness or swelling*



### **GUMS :**

*Ulcers, sores, swelling, redness or bleeding*



### **TEETH :**

*Worn down teeth, decay (black or brown spots), broken fillings*



### **DENTURES:**

*Cracks, breaks, worn areas, cleanliness, signs of irritation*

# Your mouth and what to check for

## GOOD ORAL HEALTH FOR ADULTS

### 5 Facts to know about when checking your mouth

- Dental disease is preventable and can be minimised if caught early
- Check your mouth closely and weekly for any changes
- Look for any changes in your mouth: swelling, red or white patches, gums that have changed colour or sores that do not heal
- Contact a dental professional if you are experiencing any pain ,swelling, bleeding or infection within or around your mouth
- Visit your dental professional regularly, ideally yearly

### 5 Signs of a healthy mouth

**LIPS:** Healthy lips should be smooth, pink and moist

**TONGUE:** A healthy tongue should be pink and moist

**GUMS:** Healthy gums and tissues should be pink, moist, smooth and free from bleeding and swelling

**TEETH:** Healthy teeth should be clean and free from food, plaque and decay

**DENTURES:** Should be clean and well-fitting

