Oral Health Statements to help you motivate your patient

You can use these statements to help encourage your patients to engage with you when delivering oral hygiene advice. You can use this sheet as a record of what you have discussed with the patient and add any further statements you make to the patient at the bottom.

1. When was the last time you flossed?

2. You may not have any health concerns right now, but did you know that 50% of people go on to develop gum disease?

3. Did you know that bleeding gums is not normal?
   a. If you could see the inflammation in your mouth from your gum disease it would cover your entire hand and wrist!

4. What do you think you need to change about your oral hygiene regime?
   a. Is there anything you find particularly difficult about cleaning your teeth and gums?

5. Have you ever been shown how to...
   a. Use a manual toothbrush
   b. Use an electric toothbrush
   c. Clean in-between your teeth

6. What time of the day are you most likely to clean in between your teeth?
   a. Set a goal (write it down, set it on the coach me app)

7. Gum disease should be seen as a signpost for other general health issues.

8. Are you aware of the link between gum disease and...
   a. Heart disease
   b. Alzheimer’s
   c. Diabetes

9. Brushing twice daily with fluoride toothpaste is really important and not rinsing after brushing.

10. Have you thought about reducing the amount and frequency of sugar and starch in your diet to improve your oral and general health?

Any other statement you made to the patient: