

Gingivitis Flossing Chart

(*gingiva* – gums, *itis* – infection)



What is it?

Infection of gums due to buildup of food and bacteria (plaque).

Bacteria turns sugar into acid.

gums + acid = *gingivitis*

teeth + acid = *cavities*

What does it look like?

Red, puffy gums that bleed with brushing and flossing.

Please mail my \$1 award to:

Name _____

Address _____

City _____ State _____ Zip _____

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How to Prevent?

1. Brush 2 min. in a.m. & 2 min. in p.m.
2. Floss EVERY night
3. Reduce sugar intake
4. Limit times of snacking per day
5. Drink more water

Oral Hygiene Score

- 1 – Great
- 2 – Good
- 3 – Fair
- 4 – Poor (use 3 min. timer)
- 5 – Gross (get some help)

Score: