

# Dental Fitness Record

Patient:

Date: 02/02/2016

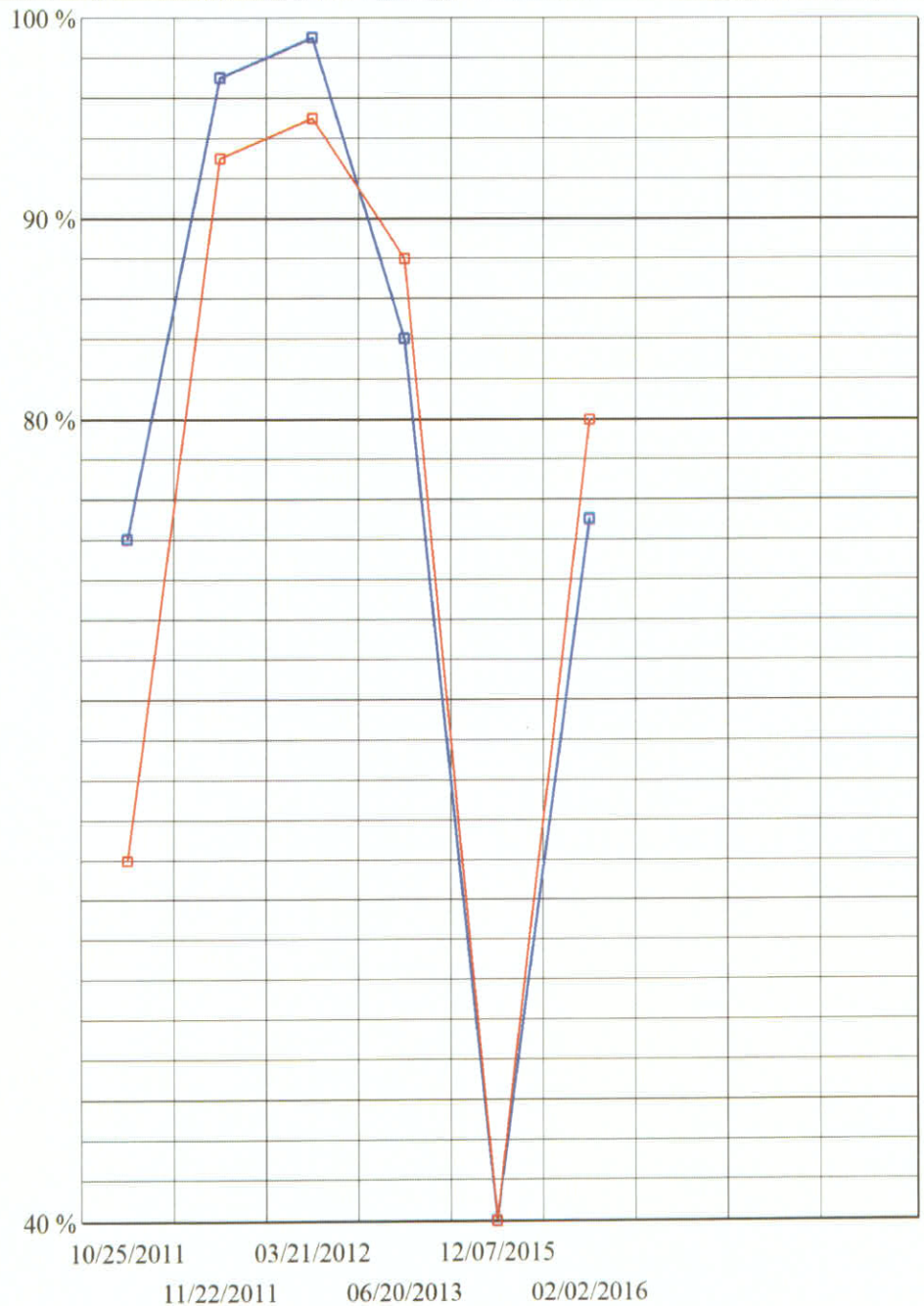
Plaque Control Index	74%	97%	99%	84%	15%	75%			
Bleeding Control Index	58%	93%	95%	88%	37%	80%			
Dental Fitness Category	4	4	4	4	5	4			
# of Surfaces with Plaque	29	3	1	17	95	27			
# of Areas with Bleeding	46	7	5	13	70	22			
Missing Teeth	4	4	4	4	4	4			
% Teeth Missing	12%	12%	12%	12%	12%	12%			

Fitness

Marginal Disease

Active Disease (Progressive)

■ - Plaque  
■ - Bleeding



As you are currently at 75% effectiveness in plaque control and 80% effectiveness in bleeding control. It is very important to reach and maintain 90% effectiveness

in these two categories to maintain your dental fitness and to keep your teeth.

# Dental Fitness Report

## Today's Results

For:

Date: 02/02/2016

Plaque Control Index: 75%

Periodontal Bleeding Index: 80%

Periodontal Fitness Category: 4

# of Areas with Plaque: 27

# of Areas with Bleeding: 22

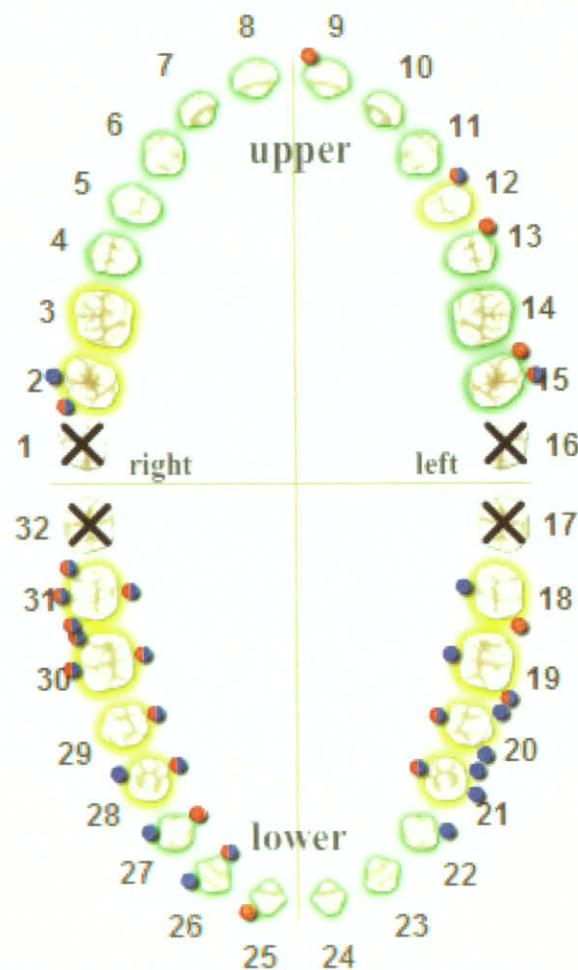
# of Missing Teeth: 4

% of Teeth Missing:

### Services Performed Today

- Oral Cancer Exam
- Caries (decay) Exam
- Dental Fitness Exam
- Radiographs (x-rays)
- Periodic Cleaning
- Initial Scaling
- Root Cleaning
- Fluoride Treatment
- Hygiene Instruction

## Today's Status



✗ Missing	Healthy
● Plaque	Caution
● Bleeding	Progressive Active Disease
● Both	Tooth Loss

## Oral Health Recommendations

Use a soft toothbrush. A stiff brush will not reach areas between teeth and under the gum line where bacterial infection begins.

Brush using a very short stroke or circular motion which works the bristles of the brush as far in between teeth and below the gum line as possible.

Attempt to reach the bottom of all periodontal pockets with the bristles of the toothbrush.

Use dental floss or an interdental tool which was reviewed at your appointment to daily clean areas between teeth that can't be reached by a toothbrush.

As you floss, wrap the floss around each tooth and scrub the root surface well below the gum line.

Because of the way bacteria multiply in the plaque (by doubling their numbers every few hours), you will get more benefit from a single, thorough brushing and flossing than from multiple "quickie" cleaning jobs. A careful plaque removal will give your tissues time to recover from the effects of these toxic germs.