BRUSHING REPORT CARD

EXCELLENT CARE
Brushing after each meal for at least 2 minutes and flossing daily. Braces are shiny/clean.
GREAT JOB! GOLD COIN

ADEQUATE CARE
Minimal plaque or inflammation likely good brushing with no flossing.

POOR CARE
Plaque building up. No gingivitis yet but gums are swelling from food not being cleaned off your braces.
YOU MUST DO BETTER!

CONTINUED POOR CARE/INFECTION
Areas of red are bacterial infection, you now have GINGIVITIS! Your gums now bleed when you brush.
If hygiene is not improved permanent tooth damage will occur. If not improved wires will be removed, your treatment will be longer or discontinued.

OVERGROWTH OF TISSUE
LAST WARNING. Continued neglect. Gums are growing over your braces. Wires must be removed until either condition improves or braces will be removed.

DECALCIFICATION
Discontinuation of treatment. Braces must be removed. Irreversible damage.

www.braceyourself.org