

# SmartCheck

## Oral Health Report

POWERED BY



TOOTHLENS



### PATIENT DETAILS

Name \_\_\_\_\_

Age \_\_\_\_\_

Gender \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Country \_\_\_\_\_

Zip/Post code

Telephone

Email





# REPORT SUMMARY



Overall Dental Hygiene Score



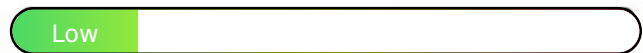
Dental Cavity Score



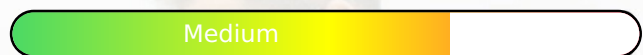
Plaque buildup Score



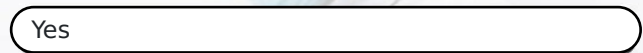
Gum recession Score



Gum swelling Score



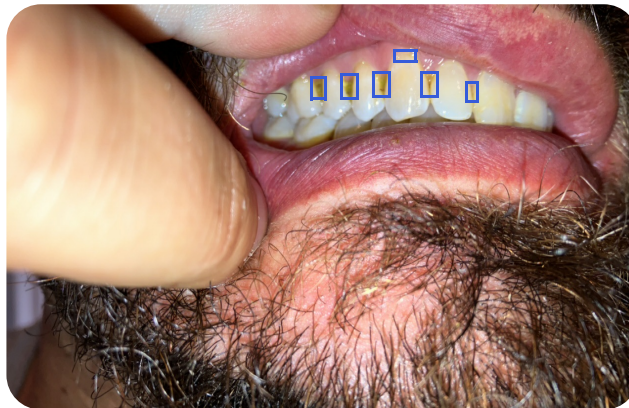
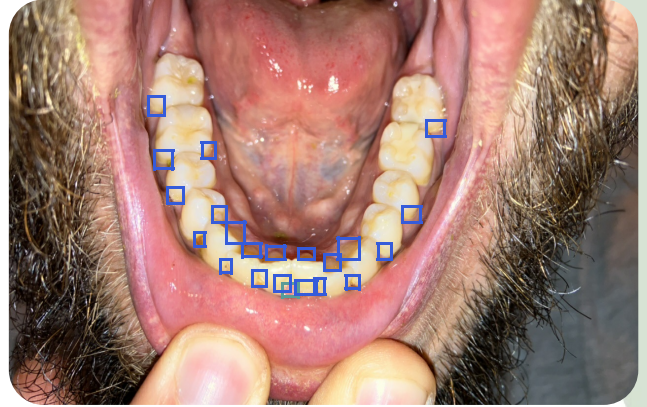
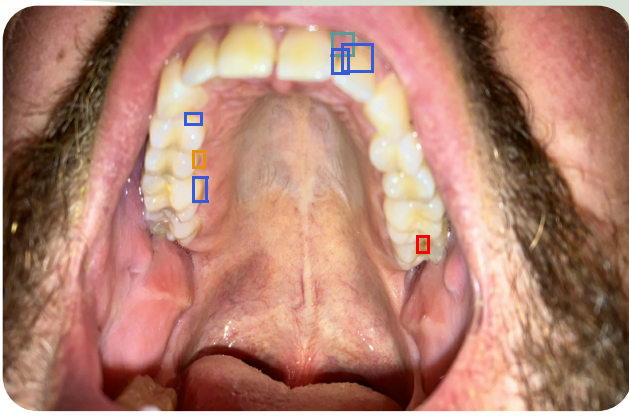
Gaps/Crooked Teeth



POWERED BY

TOOTHLENS





- Dental Cavities
- Plaque and tartar Buildup
- Swollen gums
- Gum recession



# ● DENTAL CAVITIES

During your recent assessment, it appears that there may be signs of cavities worth discussing. While we cannot provide absolute certainty at this stage, addressing these potential concerns promptly is crucial to prevent potential complications such as toothaches, infections, and tooth loss.

**Here's what you need to know:**

## Prevention:

To maintain optimal oral health and possibly prevent cavities, consider these preventive measures:



Brush your teeth at least twice a day using fluoride toothpaste.



Floss daily to clean between your teeth and remove plaque.



Limit your intake of sugary and starchy foods.



Consider using fluoride mouthwash to strengthen enamel.



Schedule regular dental checkups to catch issues early.



## Potential Treatment Options:

If cavities are indeed present, you may want to discuss potential treatment options with your dentist, which can include:



**Dental Fillings:** Suitable for smaller cavities, this procedure involves removing decayed portions and filling the space with a tooth-colored material.



**Dental Crowns:** For more extensive issues, crowns can provide added support and protection by covering the entire tooth.

**Root Canal Therapy:** In cases of severe issues, this treatment may be needed to remove infected tissue and preserve the tooth.

POWERED BY



TOOTHLENS

# ● PLAQUE AND TARTAR BUILDUP



We noticed several areas with tartar and plaque buildup. It's crucial to address this issue promptly to maintain your oral health and prevent potential complications. If the tartar and plaque buildup remain unaddressed, it can lead to various oral health problems like gum disease, cavities, tooth sensitivity and tooth loss

Taking immediate action to address the tartar and plaque buildup will help prevent these issues and maintain your oral well-being. We recommend scheduling a dental appointment to discuss treatment options and a personalized oral care plan.

## Home Care Recommendations:

To improve your oral health and tackle the tartar and plaque buildup, follow these recommendations:



**Brush:** Brush your teeth at least twice a day with fluoride toothpaste. Be thorough in your technique and brush for at least two minutes.



**Floss:** Floss daily to remove plaque from between your teeth and along the gumline.



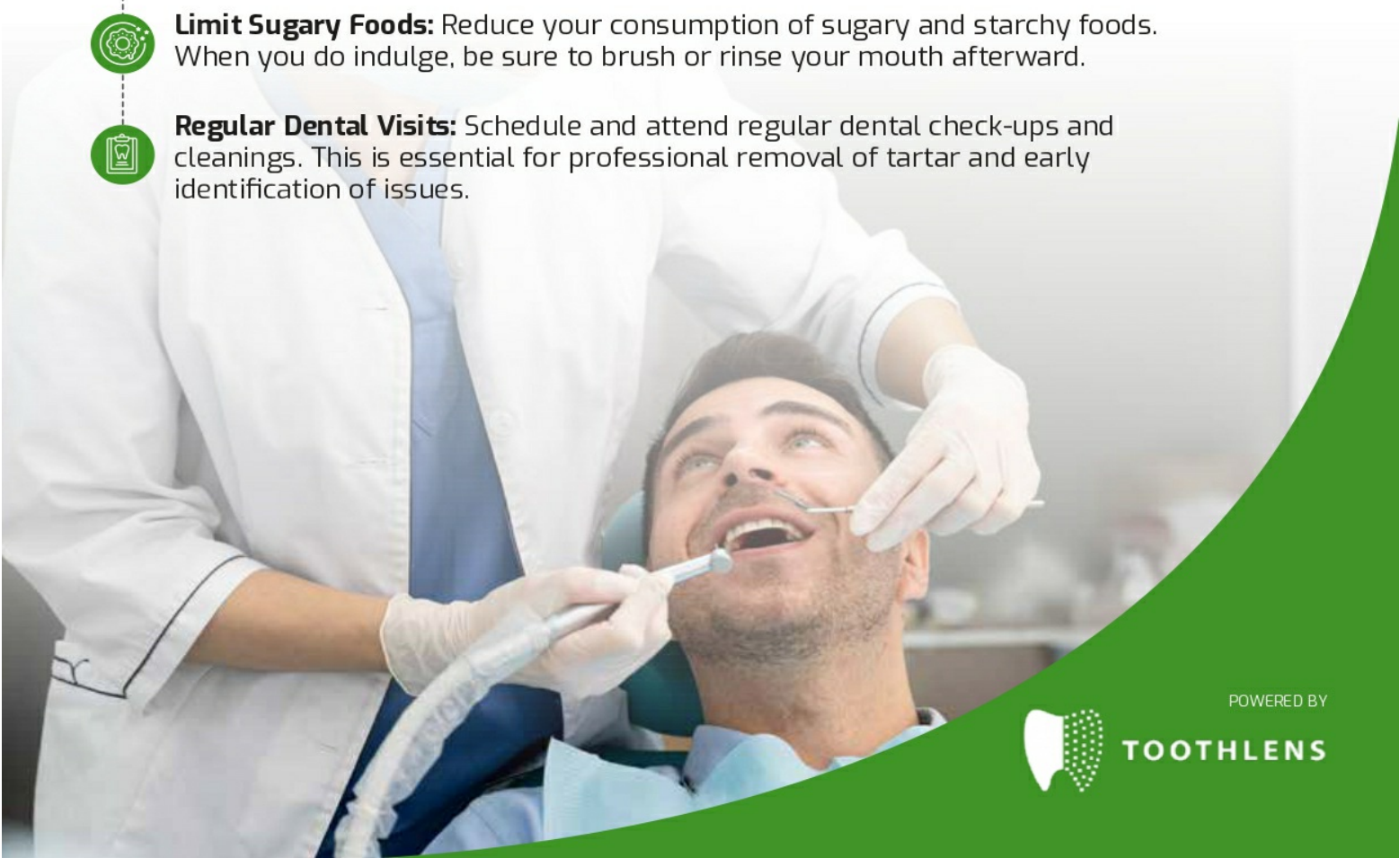
**Mouthwash:** Consider using an antimicrobial or fluoride mouthwash to help reduce bacteria and strengthen enamel.



**Limit Sugary Foods:** Reduce your consumption of sugary and starchy foods. When you do indulge, be sure to brush or rinse your mouth afterward.



**Regular Dental Visits:** Schedule and attend regular dental check-ups and cleanings. This is essential for professional removal of tartar and early identification of issues.



POWERED BY

TOOTHLENS





## Treatment Options:

**Dental Cleaning:** Schedule a professional dental cleaning to remove plaque, tartar, and debris from your teeth and gums. This will address the primary cause of gum swelling.



**Scaling and Root Planing:** For more advanced cases of gum disease, your dentist may recommend scaling and root planing, a deep cleaning procedure that targets the removal of bacteria and calculus from below the gumline.



**Medication:** In some cases, your dentist may prescribe antibiotics or antimicrobial mouthwash to address bacterial infection or inflammation.



**Orthodontic Correction:** If misaligned teeth or poorly fitting dentures contribute to gum irritation, your dentist may recommend orthodontic treatment or adjustments to your dental appliances.



**Gum Surgery:** In severe cases of gum disease, surgical procedures may be necessary to address the condition and promote gum health.



**Lifestyle Changes:** Taking steps to quit smoking or reducing tobacco use, as well as addressing any underlying medical conditions contributing to gum swelling, can be part of the treatment plan.

Consult with your dentist to determine the most suitable treatment for your specific condition. Prompt attention to gum swelling, along with effective home care and professional treatment, will help alleviate discomfort and preserve your gum health.

**"Ready for a brighter, healthier smile?"**



POWERED BY

**TOOTHLENS**

# SWOLLEN GUMS (Refer page 3)



It seems that you have areas with gum swelling.  
Here's what you can do to address it.

## Recommendations for Home Care:

Maintain Excellent Oral Hygiene: Ensure rigorous oral hygiene practices, including brushing your teeth at least twice a day with fluoride toothpaste. Brush gently but thoroughly, especially along the gumline.



**Floss Daily:** Flossing is vital to remove plaque and debris from between your teeth and along the gumline. Make it a daily habit.



**Rinse with Antiseptic Mouthwash:** Use an antimicrobial or antiseptic mouthwash to reduce the number of harmful bacteria in your mouth. This can help alleviate gum inflammation.



**Stay Hydrated:** Drinking an adequate amount of water throughout the day can help maintain moisture in your mouth, which may reduce gum irritation.



**Avoid Smoking and Tobacco Products:** If you use tobacco, consider quitting or reducing your consumption. Smoking and tobacco can exacerbate gum problems.



**Manage Stress:** Explore stress-reduction techniques, such as mindfulness or meditation, to mitigate the impact of chronic stress on your gum health.



**Balanced Diet** Consume a diet rich in fruits, vegetables, and whole grains while limiting sugary and starchy foods. A well-balanced diet can contribute to overall oral health.



POWERED BY



TOOTHLENS



# GUM RECESSION



It appears there are areas where your gums have receded.  
Here are steps you can take to manage this issue.

## Home Recommendations:



**Gentle Brushing:** Use a soft-bristle toothbrush and gentle brushing techniques to prevent further irritation.



**Floss Daily:** Regular flossing helps keep gum health in check.



**Mouthwash:** An antimicrobial mouthwash can reduce bacteria and gum inflammation.



**Regular Dental Visits:** Routine dental check-ups are essential for early detection and treatment.



## Treatment Options:



**Dental Cleaning:** A professional cleaning can remove plaque and tartar buildup.



**Scaling and Root Planing:** For advanced gum disease, deep cleaning may be necessary to remove bacteria and calculus.



**Grafting:** Gum graft surgery can replace lost gum tissue to cover exposed roots.



**Orthodontics:** Correcting misaligned teeth can help reduce gum recession.



**Lifestyle Changes:** Quitting smoking and addressing contributing factors can help manage gum recession.

Consult your dentist to determine the best treatment for your specific case. Early intervention is key in managing gum recession and preserving oral health.

**"Ready for a brighter, healthier smile?"**



POWERED BY

TOOTHLENS





## ● POORLY ALIGNED TEETH

It appears that you may have gaps in your teeth or some teeth that are not perfectly aligned. The good news is that there are effective treatment options to address these concerns:



### Orthodontic Treatment:

**Braces:** Traditional braces use metal brackets and wires to gradually straighten your teeth.

**Invisible Aligners:** Clear aligners, such as Invisalign, are nearly invisible and can discreetly align your teeth.



### Dental Bonding:

Dental bonding can be used to fill in small gaps or reshape teeth for minor corrections.



### Porcelain Veneers:

Veneers are thin, custom-made shells that can enhance your tooth appearance and close gaps.



### Dental Implants:

If you have gaps due to missing teeth, dental implants offer a natural and permanent solution.



### Retainers:

After orthodontic treatment, retainers help maintain your newly aligned teeth.



### Surgical Orthodontics:

In more complex cases, surgical procedures may be necessary to address severe misalignment.

The most suitable treatment option will depend on your specific dental condition. We recommend discussing your options with a qualified dentist or orthodontist to create a treatment plan that addresses your needs and preferences based on what you've observed in your photos."

**"Ready for a brighter, healthier smile?"**

POWERED BY



TOOTHLENS