

Use the table below as a guide to what a healthy/unhealthy mouth can look like. Always make a dental appointment if you or the person you support are unsure or have any concerns.

Ideal	Watch	Act
No action required	If there is no improvement in 1-2 weeks, see an oral health professional	Make a dental appointment
Lips		
Smooth, pink, moist	Dry, chapped or red at corners	Lump/s OR white or red patches OR bleeding ulcers
Tongue		
Normal roughness, pink, moist	Coated, smooth, patchy, deep cracks or some redness	Red, smooth, white or red patches OR ulcers, swelling
Saliva		
The inside of the mouth is wet	A little bit of saliva is present OR person reports a dry mouth	The inside of the mouth is dry and red OR thick ropey saliva OR person reports a dry mouth
Natural teeth		
No decayed or broken teeth		1 or more decayed or broken teeth OR chalky white patches indicating early decay
Dentures		
No broken areas, worn most of the time, no/little yellow/brown build up	Worn for eating or cosmetic reasons only	1 or more broken areas OR missing tooth OR missing or never worn
Overall mouth		
Clean with no food pieces or build up in the mouth	Food pieces OR white/yellow/brown build up on 1-2 places in the mouth	Food particles OR white/yellow/brown build up in most areas in the mouth
Pain		
No signs of pain	Changed behaviour that could be due to	Person reports pain OR physical signs (eg swollen cheek or gum) OR