

Active prevention pre-assessment questionnaire

Oral health is important as it impacts your general health. Most common oral health problems are preventable. Active prevention should be an essential part of everyday life, so we want to work with you to optimise your oral health routine at home.

Your answers to the following questions will help us to better understand your personal oral health needs and concerns, allowing us to develop a personalised prevention plan together.

1. What does a healthy smile look like to you?

2. Which of the following common oral health problems (if any), do you currently have concerns about?

Bleeding gums

Bad breath

Stained teeth

Sensitive teeth

Other (please state): _____

3. When was the last time a dental professional demonstrated how to optimise your oral health routine using a mirror?

4. Which of the following oral health products do you use as part of your daily oral health routine?

Toothbrush

Fluoride toothpaste

Interdental brushes

Floss

Mouthwash

Other (please state): _____

5. What would you say is the biggest obstacle for you in improving your oral health at home?

6. Do you have any further questions or concerns about your oral health?
