







Your Dental Health Check Up Assessment

Smile Cliniq - Our 12 Point Examination Process

This comprehensive guide explains what happens during your dental checkup assessment appointment and what our dentists look for at each stage to ensure your smile stays healthy.

Why Choose Smile Cliniq?

-  800+ 5-Star Google Reviews
-  Multi-Award Winning Team
-  Evening & Weekend Appointments
-  160+ Years Combined Expertise

Contents

1 How We Use This Assessment

Goals, concerns, and what we record to personalize your care.

2 Our Comprehensive Examination

A detailed breakdown of our 12 point dental health check.

3 Your Records And Evidence

Understanding charting, X-rays, and clinical photos.

4 Understanding Findings

Diagnoses, treatment planning, and what happens next.

5 Home Care Tips

Practical guidance and habits to protect your teeth between visits.

6 Ongoing Maintenance Guide

Risk categories and your recommended review schedule.

7 Your Personalised Roadmap

Final page tracking sheet for your priorities and next steps.





Listening To You First

Your appointment is more useful when we understand what you want from your smile, not just what needs fixing.

What We Record

We combine what you tell us with what we see clinically. This makes your advice personal rather than generic, and it helps keep future visits consistent.

How We Use This Assessment

Understanding your needs ensures a personalized treatment plan



Your Goals And Wishes

- ✓ Healthy Teeth And Gums
- ✓ Straighter Teeth
- ✓ Whiter Teeth
- ✓ Replacing Gaps
- ✓ Improving Confidence



Your Concerns

- Overall Oral Health
- Bad Breath
- Sensitivity
- A Broken Tooth
- Bleeding Gums
- Cosmetic Worries

12-Point Assessment

Points 1- 6

A thorough check-up is about understanding the full picture. Here is what we look for in the first half of your assessment.



Jaw Joints And Muscles

We assess the jaw joint (TMJ) for clicks, locking, deviations, and movement limits. We also check chewing muscles for tenderness linked to grinding.



Lymph Nodes

We check lymph nodes around the neck and face for tenderness or inflammation. This wider screening is part of taking your overall health seriously.



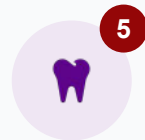
Intra-Oral Soft Tissues

We check the soft tissues of the palate, tongue, and cheeks for changes, irritation, or abnormalities. Important for early detection of issues.



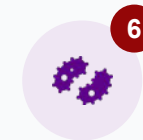
Oral Cancer Screening

We screen for non-healing ulcers, lumps, patches, or color changes. This quick, non-invasive step is crucial for early detection and peace of mind.



Broken Teeth

We look for fractures, chips, cracks, and weakened edges. If a tooth needs restoration, we explain why and discuss sensible options with you.



Decayed Teeth

We check every surface for decay, including hard-to-spot zones. We explain what is urgent versus what can be monitored safely.

12-Point Assessment

Points 7- 12

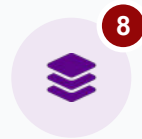
Continuing our thorough check-up to ensure every aspect of your oral health is covered, from gum health to existing restorations.



7

Possible Early Decay

We check for early decay changes that may benefit from additional protection and fluoride support. Prevention here saves discomfort later.



8

Tooth Wear

We check for attrition, erosion, and abrasion. We explain the likely cause in plain terms and what changes can reduce progression.



9

Recession

We check for gum recession, which can lead to sensitivity and raise risk of root decay. We explain contributing factors and next steps.



10

Gum Disease Screening

We check pocketing between gums and teeth. Early identification of gum inflammation is one of the biggest benefits of routine checks.



11

Heavily Restored Teeth

We review heavily filled teeth that may be at higher fracture risk. If additional protection like a crown is beneficial, we discuss options.



12

Mercury Fillings

We note any mercury amalgam fillings so you are fully informed. We ensure you understand what is present and what modern options exist.





Clinical Records

Digital imaging allows for precise tracking of your oral health journey over time.




Your Records And Evidence

Documenting your dental health for accurate treatment planning.

Tooth Notation And Charting

-  Dentists use a simple tooth numbering and notation system so we can record findings accurately.
-  This keeps your notes consistent over time, and it helps you understand exactly which tooth or area is being discussed.

Radiographs And Clinical Photos

-  When appropriate, we may take low-dose digital X-rays and clinical photographs to see what the eye cannot.
-  These tools reveal decay between teeth, changes under restorations, and bone levels around teeth.
-  Photos can also help you understand what is happening, and they are useful for tracking changes over time.

Understanding Findings And Treatment Planning

We translate clinical data into a clear path forward for your dental health.



Clinical Findings And Diagnoses

After your comprehensive assessment, we summarize exactly what we found in plain English, avoiding jargon where possible.

✓ Gum Inflammation Or Gum Disease

Identifying areas of bleeding, pocketing, or bone loss.

✓ Areas Of Decay Or Early Decay

Spotting cavities before they cause pain or require complex treatment.

✓ Tooth Wear Patterns

Signs of grinding, clenching, or acidic erosion.

✓ Issues With Old Restorations

Checking fillings, crowns, or bridges that may be failing.



Your Treatment Plan

If treatment is needed, you will leave with a clear plan that prioritizes your health, budget, and time.

→ What Needs Doing Now Versus Later

Distinguishing urgent care from cosmetic or elective options.

→ What Options Exist And Why

Explaining the pros and cons of each treatment path.

→ Long Term Health Support

How each option contributes to the longevity of your smile.

→ A Sensible Order Of Treatment

A logical sequence, not just a rushed list of tasks.



Home Care Tips

Professional care is only part of the equation. Your daily habits are where long-term health is built.

- ✔ *Protect your oral health*
- ✔ *Prevent the risk of dental emergencies*

7 Habits That Protect Your Teeth

Practical guidance tailored to your assessment findings

Daily Routine

1

Mouthwash Timing



Rinse at a different time to brushing so you don't rinse off protective toothpaste. A daily fluoride rinse may be advised.

2

Floss Daily



Use 18 inches of floss, wrap around middle fingers, and slide gently. Avoid snapping into gums.

3

Water Flosser



Works like a gentle jet wash. Great for implants or bridges. Mouthwash can sometimes replace water for added benefit.

4

Interdental Brushes



Use daily. Choose the largest size that fits comfortably. Push through, twist, remove, rinse. Reuse until frayed.

5

Brushing Technique



Angle bristles slightly under the gum line. Small circular motions. Brush for 2 minutes, twice a day.

6

High Fluoride Toothpaste



When advised, use prescription-strength paste twice daily. Spit, don't rinse, to protect enamel.

7

Tooth Mousse (When Advised)



Apply a small amount to sensitive areas, recession, or early decay. Follow your dentist's specific instructions on timing and frequency.

Ongoing Maintenance Guide

🔍 Risk Categories

After your assessment, we place you into a risk category for dental decay, gum health, and tooth wear based on your history and findings. The goal is to reduce risk over time.

High Risk

Moderate Risk

Low Risk

🛡️ Recommendations To Reduce Risk

Hygiene Visits
Often advised every 3 months to monitor gums and plaque deposits.

Diet & Daily Care
Low sugar/acid diet combined with daily cleaning advice.

Professional Fluoride
Every 12 months to strengthen enamel and reduce sensitivity.

High Fluoride Paste
Where advised, use prescription-strength toothpaste daily.

📅 Review Schedule

- Dental Health Evaluations**
Frequency: Every 6 Months
Combined with hygiene visits to check overall health stability.
- Screening Radiographs**
Frequency: Every 12 Months
Monitors bone levels and decay between teeth invisible to the eye.



Your Personalised Dental Roadmap & Tracking Sheet

A practical guide to help you focus on what matters most before your next visit.



Your Top Priorities

1: *Write priority here...*

2: *Write priority here...*

3: *Write priority here...*



What We Are Watching

Monitor 1: *Not urgent, but important...*

Monitor 2: *Not urgent, but important...*



Your Home Care Focus

- Brush twice daily for 2 minutes
- Clean between teeth daily (floss/brushes)
- Mouthwash at different time to brushing
- Follow fluoride toothpaste guidance
- Follow tooth mousse guidance
- Reduce snacking on sugar/acidic drinks



Next Appointment Targets

Hygiene Visit Due: __ / __ / ____

Dental Evaluation: __ / __ / ____

Next X-Rays (If Advised): __ / __ / ____



Questions For Your Dentist

Question 1...

Question 2...

Question 3...



If Something Changes

If you develop swelling, a broken tooth, increasing pain, or a mouth ulcer that does not heal, **contact the practice to arrange a sooner review.**

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