

Grade Your Grin!

check your own brushing and give yourself a grade

A

GRADE A: gum tissue is flat and pink with no redness - there is no plaque and no bleeding when brushing your teeth

B

GRADE B: gum tissue is still pink with no redness, but the gums are starting to get puffy and creep near the wire - there is no plaque and minimal or no bleeding when brushing your teeth

C

GRADE C: soft plaque is on the teeth between the gum line and the braces - the gum tissue has red margins and is puffy *THIS IS RIGHT BEFORE CAVITIES and WHITE SPOTS BEGIN TO FORM*

F

GRADE F: soft plaque is on the teeth between the gum line and the braces - the gum tissue has red margins and the gums bleed when you brush your teeth *CAVITIES and WHITE SPOTS MAY BE FORMING*