

Gum-Care Routine & Symptom Tracker

Week 1 | Record what you notice and bring it to your dentist.

Name: _____ Week starting: _____

Cleaning tools used: _____

Examples: floss, interdental brush, soft pick, or water flosser.

Daily record

Check completed care. Note bleeding location or tenderness;
write “none” if absent. Follow your dental team’s instructions.

Day / date	Brush AM	Brush PM	Clean between	Bleeding location / tenderness or other notes
Day 1 _____	☐	☐	☐	_____
Day 2 _____	☐	☐	☐	_____
Day 3 _____	☐	☐	☐	_____
Day 4 _____	☐	☐	☐	_____
Day 5 _____	☐	☐	☐	_____
Day 6 _____	☐	☐	☐	_____
Day 7 _____	☐	☐	☐	_____

Questions / appointment notes

Do not delay dental care to finish this tracker. It does not diagnose gum disease.

Contact your dentist promptly for painful swelling, pus, or a loose tooth.

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Week 2 | Record what you notice and bring it to your dentist.

Name: _____ Week starting: _____

Cleaning tools used: _____

Examples: floss, interdental brush, soft pick, or water flosser.

Daily record

Check completed care. Note bleeding location or tenderness; write “none” if absent. Follow your dental team’s instructions.

Day / date	Brush AM	Brush PM	Clean between	Bleeding location / tenderness or other notes
Day 8 _____	☐	☐	☐	_____
Day 9 _____	☐	☐	☐	_____
Day 10 _____	☐	☐	☐	_____
Day 11 _____	☐	☐	☐	_____
Day 12 _____	☐	☐	☐	_____
Day 13 _____	☐	☐	☐	_____
Day 14 _____	☐	☐	☐	_____

Questions / appointment notes

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