

GUM HEALTH WARNING-SIGN & APPOINTMENT TRACKER

Record changes you notice and bring this page to your dentist. This tracker cannot diagnose gum disease.

Name: _____ Dates observed: _____

1. Changes I Have Noticed

Change or symptom	First noticed	Improving	Same	Worse	Where / notes
Gums bleed regularly		☐	☐	☐	
Redness, swelling, or tenderness		☐	☐	☐	
Persistent bad breath or bad taste		☐	☐	☐	
Gums receding / teeth look longer		☐	☐	☐	
New spaces or food-catching areas		☐	☐	☐	
Change in bite or partial-denture fit		☐	☐	☐	
Loose or shifting tooth		☐	☐	☐	
Pain, swelling, or pus		☐	☐	☐	

2. Daily Care and Relevant Health Information

☐ I brush twice daily ☐ I clean between my teeth daily ☐ Cleaning is difficult

☐ I smoke/use tobacco ☐ I have diabetes ☐ I take a blood thinner

☐ Dry mouth affects my cleaning ☐ Arthritis or dexterity affects my cleaning

Other health or medication information: _____

3. Questions for My Dentist or Periodontist

☐ Do I have gingivitis or periodontitis? ☐ Have I lost supporting bone?

☐ What are my periodontal pocket measurements? ☐ Do I need a deep cleaning?

☐ Which interdental tool is best for me? ☐ How often should I return?

☐ Should I see a periodontist? My other question: _____

Contact a Dentist Promptly

Do not wait for a routine visit if you notice pus, substantial or spreading swelling, significant pain, or an adult tooth that has become loose or is shifting. Seek urgent care for swelling that affects breathing or swallowing. Do not stop a blood-thinning medication because your gums bleed; contact the prescribing clinician and your dentist.

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