



OXFORDSHIRE  
COMMUNITY  
DENTAL  
SERVICE



**Oxford Health**  
NHS Foundation Trust



Oxfordshire Community Dental Service

# My personal oral health plan

Going the extra mile to make Oxfordshire smile

My name is: .....

I like to be called: .....

My date of birth is: .....

My occupation: .....

Something I would like you to know about me is:

.....

## Communication

My main language is: .....

My communication needs are: (for example, visual impairment, hearing impairment) .....

**I use these aids:** (please circle all that apply)

glasses: worn all the time

reading glasses

hearing aid(s)

dentures

other (please note): .....

## Oral care

**I have:**            all my own teeth            a partial denture

                         full dentures                            other (for example implants)

My dentures are marked with my name:    yes / no

**My needs:** (please tick below):

I can brush my own teeth (and dentures, if worn), if I am reminded.

I need supervision to brush my teeth (and dentures, if worn).

I need my carer to help me.

**I like to use this toothpaste:** .....

**and toothbrush:** manual / electric

I also use these products (please circle):

dental floss      interdental brushes      denture fixative

denture cleaner (name): .....

other: .....

mouthwash (name): .....

lip moisturiser (name): .....

My mouth feels dry (check for little or no saliva): yes / no

For dry mouth I use: oral gel / spray (name): .....

other: .....

**My dentist is:** .....

**Telephone number:** .....

My last dental visit was: .....

My next visit is due on: .....

**To access this information in other formats please see below:**

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ਜੇ ਅਸਨੇ ਆ ਭਾਸ਼ਿਣੀ ਪੀੜ੍ਹ ਆਖਿਆਂ ਅਥਵਾ ਪੀੜ੍ਹ ਆਕਾਹਮਾਂ ਸਿੱਧਿ, ਤੋ ਕ੍ਰਿਪਾ ਕਰੀਨੇ ਅਸਨੇ ਪੁੱਛੀ  
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本文本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਚਿੱਠ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں :-

For more information or to download leaflets please go to the website below.

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