

# *Standards For A Healthy Mouth*

At Hutto Premier Dentistry we realize that a healthy, disease free body begins with a healthy mouth. So to aid in the prevention of various health problems including heart disease, heart attacks, strokes, poor control of blood sugar, headaches, jaw pain, and bad breath, we have created our standards for a healthy mouth. These are the standards we practice by to help our bodies feel better:

## **HEALTHY GUMS**

Firm Pink Gum Tissue  
Gum Pockets 3mm or Less  
No Bleeding  
No Plaque or Calculus

## **HEALTHY TEETH**

No Decay or Infection  
No Broken or Chipped Teeth  
No Broken Fillings  
No Missing Teeth

## **HEALTHY BITE**

No Crooked teeth  
No Pain or Sensitivity with jaw movement  
No Clenching or Grinding  
No Age-Related Wearing of Teeth

## **GENERAL ORAL HEALTH**

No Precancerous or Cancerous Lesions  
No Pain or Sensitivity in Mouth or Face  
No Bad Breath

## **COSMETIC HEALTH**

Happy and Comfortable With Smile