**Individualized Plaque Control Heat Map**  
  
Patient name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Record # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Plaque Control Record (O’Leary et al. 1972)**

**Plaque Index (Loe 1967)** and **Quigley-Hein Index (Turesky et al., 1970)**

0 = plaque free

1 = a thin film or flecks of plaque (hardly visualize without disclosing agent)

2 = moderate accumulation of soft deposits (thick> 1mm or covered within cervical third surface)

3 = abundance of soft matter. Food impaction between teeth.

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| --- | --- |
| Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Purpose of the Visit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Define the major hot spots: |
|  | |
| Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Purpose of the Visit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Customized adjunctive aids and technique over hot spot with video demo sent to patient |
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What’s in your customized video?

\*Hot spot plaque index average reduction: From \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (0-3)