

# MOUTH SELF EXAMINATION

## What is it?

- Examining teeth, gums and different parts of the mouth by looking in the mirror is called mouth self examination.
- The primary purpose is to detect early signs of dental disease, particularly oral cancer and potentially cancerous changes in the mouth.

## MOUTH SELF EXAMINATION

BUCCAL MUCOSA



RIGHT CHEEK



LEFT CHEEK

TONGUE: LATERAL BORDER



RIGHT BORDER



LEFT BORDER



UPPER & LOWER LABIAL VESTIBULE



PALATE



FLOOR OF THE MOUTH



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**Following the eight step procedure shown above, the following signs need to be looked for:**

- Red / White patches on the inside of the cheek
- Whitish change and scrapped off lining on the inside of the lower/ upper lip
- Ulcer which does not heal even after 2 weeks
- Patch / Ulcer on the sides of the tongue
- Reduced mouth opening
- Thickening and band like feel of the inside of the cheek
- Swelling both inside and outside the mouth
- Loose teeth
- Bleedings gums
- Black spots on teeth