Check Your Mouth With Croc!

Oral Health

Cheeks:

Check for dark patches or lumps.

Mouth:

Run finger around mouth to check for lumps.

Neck:

Press along front & side of neck for swelling.

Head & Neck:

Do both sides look the same? Any swellings?

Lips:

Pull down lower lip to check for any sores or changes.

Tongue:

Check for swellings or colour/texture changes.

We all need to check our mouths, to make sure it is healthy.

Do a check once a month, and if you notice anything unusual, get it checked by a dentist or doctor.