This page is to help you understand the layout of your mouth. To speed things up your dentist gives each of your 32 adult teeth a notation, but it’s actually very easy to follow. The mouth is divided into 4 sections, your upper left side, upper right, your lower left and your lower right. There are 8 teeth (assuming you have all your teeth!) in each section.

Working from the front to the back, each one is given a number of 1 to 8. To shorten the notation instead of writing “Upper Left 4” the dentist would write “UL4”. Below you can see each of the teeth with its notation and remember, the dentist is looking at YOUR teeth so YOUR upper LEFT 4 is on the dentist’s RIGHT hand side.