

# Steps to Healthy Gums and Teeth

## If you are a 1:

Your gums and teeth are healthy! Keep them that way by:

- 1) Continuing your daily oral hygiene routine
  - 2) Don't forget to floss daily
  - 3) Return to Dental TLC in 6 months for another professional cleaning
- Healthy with history of periodontal disease. Your maintenance cleaning frequency: Every \_\_\_\_\_ months.
  - Mostly healthy with isolated areas showing signs of gingivitis \_\_\_\_\_. May need to give these areas some extra attention.

## If you are a 2:

The beginning signs of problem bacteria that can lead to tooth loss have developed. Protect your teeth from permanent damage by:

- 1) Scheduling an appointment for an in-depth cleaning called an Perio Debridement.
- 2) Continue to brush and floss daily
- 3) Return to Dental TLC 6 to 8 weeks after your FMD for a follow-up cleaning

## If you are a 3:

Bacteria build-up on the teeth and below the gums blocks the dentist's ability to determine the severity of bone loss and tooth problems. Tarter build-up must be removed to stop periodontal disease from spreading and to identify the next step in restoring your oral health by:

- 1) Scheduling an appointment with hygienist for a special cleaning called a Perio Debridement that gets rid of stuck-on tarter buildup and bacteria **above** the gums, in order to get an accurate diagnosis.
- 2) Continue to brush and floss daily
- 3) Return to Dental TLC in 1-4 weeks for a follow-up visit with the periodontist. And additional cleaning will be needed to clean the build-up **below** the gum line.

## If you are a 4:

Dangerous periodontal disease has created pockets around the roots of your teeth. These pockets hold bacteria that can eat away at the bone that keeps teeth rooted firmly in place. Preserve your teeth and restore gum health by:

- 1) Scheduling an appointment for a thorough deep cleaning called an SRP that tackles bacteria below the gums. We use specialized cleaning instruments, anesthetic, ultrasonics, and irrigants.
  - 2) Continue to brush and floss daily
  - 3) Return to Dental TLC 6 to 8 weeks after your gums have reattached to the teeth for a follow-up cleaning and every 3 to 4 months to have the bacteria professionally removed from the pockets in your gums to make sure your teeth and gums stay healthy.
- Your maintenance cleaning frequency: Every \_\_\_\_\_ months.

## If you are a 5:

Bacteria has weakened the bone that holds teeth in place and immediate attention is needed to preserve the remaining bone through. Prevent additional bone loss by:

- 1) Scheduling an appointment with Dental TLC's gum specialist for a procedure called a flap surgery.
  - 2) Carefully following all home care instructions following your surgery.
  - 3) Following up with the periodontist as recommended.
- **Arestin-** May be recommended for levels 2-5. Localized bio-adhesive antibiotic placed in deeper pockets.