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.