



HEALTHY GUMS

Don't bleed when probed / brushed



Bleed when probed / brushed

GUM DISEASE [PERIODONTITIS]

Bleeding gums + bone loss + tooth loss



Is your mouth healthy? Follow our guide to find out...





Visit your dental professional regularly

- © Clean between your teeth using interdental aids/brushes
- O Look after your health by working with your Doctor and Dentist. Eat a healthy diet, stay active and drink alcohol responsibly
- Avoid smoking and control diabetes if you have it

Working Together ● ● ● ● ● ● ● ●













CHECK YOUR SYMPTOMS

Your gum health is our priority

- If gum treatment does not improve your gum health, the dental team will discuss other options
- O You may require medication or gum surgery or specialist referral
- © Every person is different so treatment is tailored to the individual – the dental team is here to help you

● ● ● ● ● ● ● Dental Team Roles

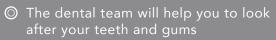
Your dental team will examine your mouth and indicate your level of gum health



- They will show you the best way to clean around and between your teeth



Long Term Ongoing Care



Long Term Care ● ● ● ●

O It is important to have regular reviews and follow their advice to maintain healthy gums



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professional gum cleaning