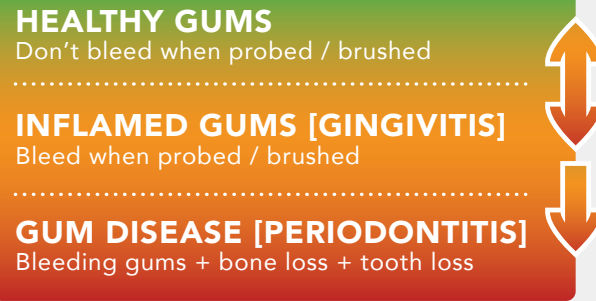




4 STEPS

TO IMPROVE YOUR GUM HEALTH



HEALTHY GUMS
Don't bleed when probed / brushed

INFLAMED GUMS [GINGIVITIS]
Bleed when probed / brushed

GUM DISEASE [PERIODONTITIS]
Bleeding gums + bone loss + tooth loss

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

Your Role



GUM DISEASE EXPLAINED

Visit your dental professional regularly

- ⦿ Clean between your teeth using interdental aids/brushes
- ⦿ 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
- ⦿ 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



GUM DISEASE PREVENTION & TREATMENT

- ⦿ They will show you the best way to clean around and between your teeth
- ⦿ If gum problems are found you may require professional gum cleaning

Long Term Care

Long Term Ongoing Care



THE SOUND OF PERIODONTITIS

- ⦿ The dental team will help you to look after your teeth and gums
- ⦿ It is important to have regular reviews and follow their advice to maintain healthy gums