

4 STEPS

TO IMPROVE YOUR GUM HEALTH

HEALTHY GUMS

Don't bleed when probed / brushed

INFLAMED GUMS [GINGIVITIS]

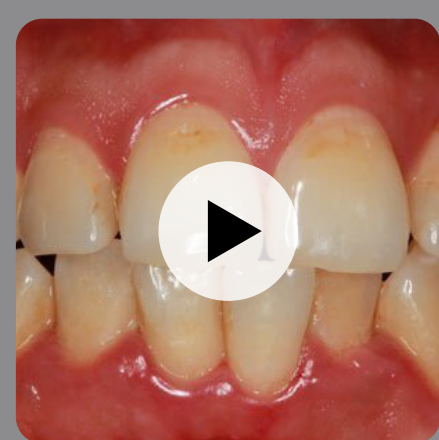
Bleed when probed / brushed

GUM DISEASE [PERIODONTITIS]

Bleeding gums + bone loss + tooth loss

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

Your Role



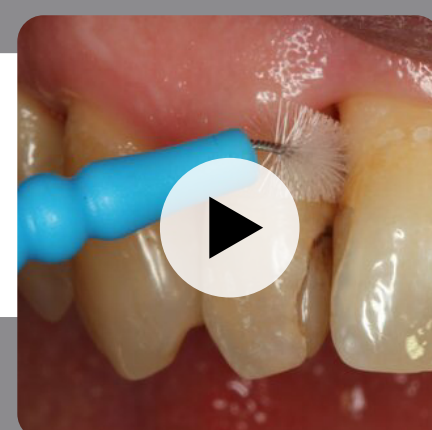
GUM DISEASE
EXPLAINED

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

Dental Team Roles

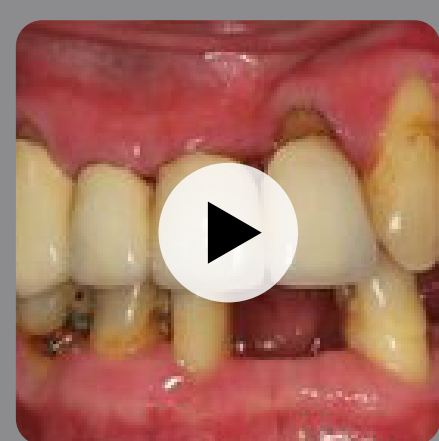
Your dental team will examine your mouth and indicate your level of gum health



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

Working Together



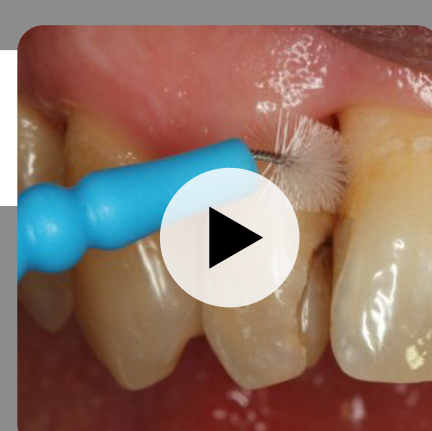
CHECK YOUR
SYMPTOMS

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

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

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