

# Gum Health Improvement Patient Agreement

Gum health is important to prevent gum disease. There are two main types of gum disease and you have been diagnosed with:

- Gingivitis – which is reversible gum disease but can lead to:
- Periodontitis – which can cause tooth loss but can be controlled

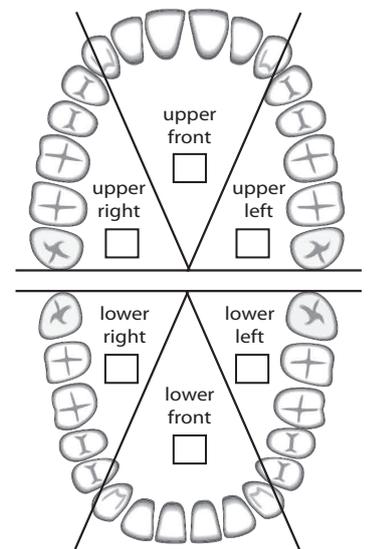
Periodontitis slowly destroys the bone that holds your teeth in the jaw and unless it is treated, the end result is that the teeth become loose and are eventually lost. The most important thing you can do is to learn how to thoroughly clean the Dental Plaque build up in between your teeth and along the gums.

## Self-care plan:

For better gum health we recommend:

- Cleaning thoroughly between the teeth or “interdental cleaning” using the right size interdental brush or floss as demonstrated to you.
- Recommended interdental brush sizes:
- Brushing your teeth and gums thoroughly twice a day using a fluoride toothpaste as demonstrated to you
- Stopping smoking. Smoking puts you at higher risk of developing Periodontitis and treatment will not work as well and you are more likely to loose your teeth
- Diabetes check. Diabetes is a risk factor for Periodontitis
- Stopping oral nicotine e.g. E-cigarettes, vaping, nicotine lozenges, sprays or gum.
- Using a single-tufted brush around the gum margins and between your teeth once / twice daily
- Other

Your gum health score is shown here



Plaque score:

Bleeding score:

Mouth divided into 6 areas. Understanding your score  
Score 0 = Health Score 1-2 = Gingivitis Score 3-4 = Periodontitis

Your gum health will be re-assessed in \_\_\_\_\_

## Consent

The Dental team is here to help you keep your gums and teeth healthy. We will work with you to show you the best way to clean your gums and teeth thoroughly. This is set out in your care plan above. The biggest impact on Periodontitis is having a clean “plaque free” mouth. Any treatment that we do in the surgery will not work as well unless it is supported with thorough plaque removal at home. Your plaque score should ideally be below 20% and your gum bleeding score should be below 10%.

For this reason, we cannot begin advanced treatment for the gum disease until we can see you are able to achieve good levels of plaque control. We will do our best to help you achieve this, but the main responsibility lies with yourself. If you follow the self-care plan we will see an improvement in your gum health. To put it simply Periodontitis is beaten in the bathroom, not in the dental surgery.

Signed \_\_\_\_\_ (Dentist/Dental Hygienist/Dental Therapist)

Patient name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Patient ID: \_\_\_\_\_

Patient DOB: \_\_\_\_\_