

## Periodontal Disease

Periodontal disease is an infection of your teeth's supporting structures. This includes both the gum and bone. In its earliest stages we refer to it as gingivitis. If your gums bleed when you brush your teeth you should be concerned. If you have lost bone around your teeth, it cannot grow back.

We manage periodontal disease with scaling and root planning or "deep cleaning". This allows us to clean the root surfaces of your teeth and remove the bacteria and the toxins they produce.

During your Scaling and Root Planing appointment you will receive local anesthetic to ensure you are comfortable for the "deep cleaning" process. After your first visit, you will need a prescription antibacterial mouth rinse to aid the healing process. It is important that you follow the home care instructions given and also schedule a 3 month follow up maintenance visit to manage your periodontal disease.

Our motivation is bigger than just keeping your mouth healthy and preventing tooth loss. Research has shown that the germs that live in our mouths enter the bloodstream and move throughout the body resulting in chronic inflammation. This inflammation can make you prone to a variety of serious diseases such as heart disease, stroke, diabetes, pre-term birth, dementia and various cancers (lung, kidney, pancreatic and blood). By limiting the amount of bacteria living around the roots of your teeth, you can help keep your entire body healthier.

### How Do I Prevent Gum Disease?

- \*Brush at least twice a day with a fluoride toothpaste
- \*Floss daily
- \*Do not smoke
- \*Eat a healthy diet
- \*Schedule regular Maintenance visits with your dentist and hygienist

For more info visit:

The American Academy of Periodontology at [www.perio.org](http://www.perio.org)  
[www.colgate.com/en-us/oral-health/conditions/gum-disease/what-is-periodontal-disease](http://www.colgate.com/en-us/oral-health/conditions/gum-disease/what-is-periodontal-disease)