



YOUR GUIDE TO UNDERSTANDING YOUR GUM HEALTH AND OVERALL HEALTH



EXPLANATION OF GUM DISEASE AND ASSOCIATED HEALTH RISKS

You have gum or *periodontal* disease. In Greek, “peri” means *around* (think periscope) and “odont” means *tooth* (think orthodontics). Broadly defined, periodontal disease is inflammation and infection affecting the gums, bone and supporting tissues around the teeth.

In addition to inadequate brushing and flossing, periodontal disease can be caused by smoking, diabetes, stress, medications, illness, hormonal or systemic changes, and genetics (it can run in your family). You can have periodontal disease even with good oral hygiene.

A person may be unaware that he or she has periodontal disease. Common symptoms include deep pockets surrounding the tooth (3mm or less is healthy – the dentist or hygienist measures these pockets with a dental instrument), bone loss (observable on dental x-rays), puffy gums, loose teeth and bleeding while brushing or flossing.

Dentists characterize periodontal disease in four categories:

- Type I – Gingivitis
- Type II – Early Periodontitis
- Type III – Moderate Periodontitis
- Type IV – Advanced Periodontitis

Like most diseases, periodontal disease is progressive. Left untreated, it will get worse and can cause serious health effects both inside the mouth and throughout the body.

INSIDE THE MOUTH

Periodontal disease (and not decay) is the leading cause of tooth loss among American adults over the age of 35. Unless you follow your dentist’s recommendations, you may lose some or all of your teeth. Other complications may include bad breath, loose teeth and bone loss (which may impact your future ability to wear dentures or have implants inserted).

THROUGHOUT THE BODY

The U.S. Surgeon General and other studies report that periodontal disease has been linked to heart disease, stroke, diabetes and other ailments.

UNCHECKED PERIODONTAL DISEASE CAN LEAD TO SERIOUS ILLNESS AND EVEN BE LIFE THREATENING!

Periodontal disease may be permanent in nature and require lifelong care. In some cases, you can treat but never “cure” the disease.

Patients with no periodontal issues typically should see their dentist every six months. Patients with periodontal disease, however, often need treatment every three or four months.

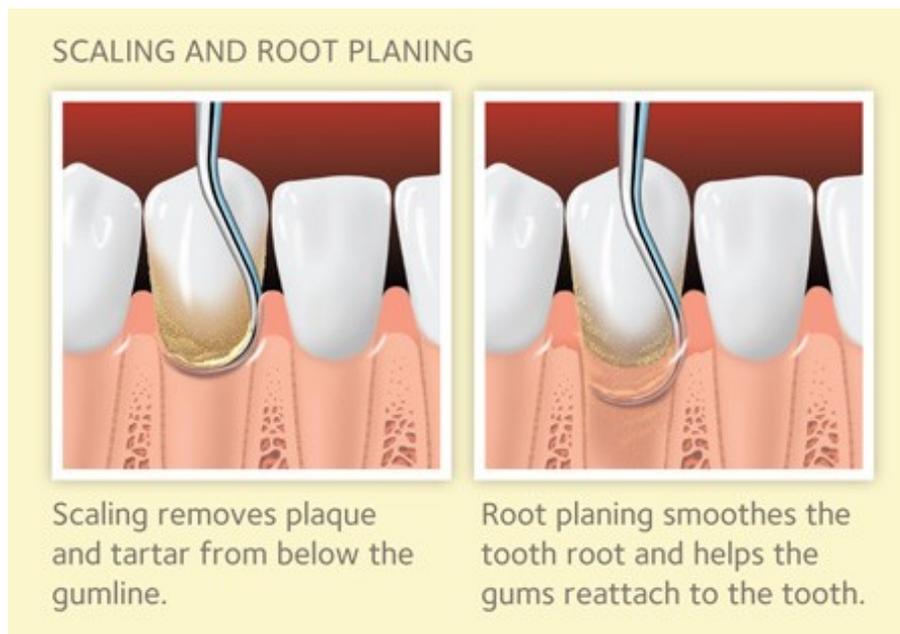


GUM TREATMENT – SCALING AND ROOT PLANING

PATIENT INFORMATION

WHAT IS GUM TREATMENT (SCALING AND ROOT PLANING)?

Scaling and root planing is a deep cleaning below the gum line used to treat gum disease. This deep cleaning has two parts. Scaling is when your hygienist removes all the plaque and tartar or calculus (hardened plaque) above and below the gum line, making sure to clean all the way down to the bottom of the pocket. Your hygienist will then begin root planing, smoothing out your teeth roots to help your gums reattach to your teeth. Scaling and root planing may take more than one visit to complete and may require a local anesthetic.



ADJUNCTIVE SERVICES

In addition to gum treatment (scaling and root planing), your hygienist and dentist will recommend the following adjunctive services to aid to the treatment of your gum disease and maintenance of your gum health:

- LAPT (laser assisted periodontal therapy)
- LBR (laser bacterial reduction)
- Arestin® (local antibiotic inserted directly in your gum pocket)

WHAT IS LASER ASSISTED PERIODONTAL THERAPY (LAPT)?

Laser Assisted Periodontal Therapy (LAPT) is a treatment to address periodontal disease by targeting the underlying infection in the pockets surrounding your teeth with the use of a diode laser.

The diode laser uses a stream of light energy to perform work. Lasers are unique because they can treat targeted tissue while leaving healthy tissue unaffected.

The laser will specifically target the bacterial infection in the pockets and gum tissue around teeth. The bacteria in your mouth and the inflammatory state they cause are responsible for periodontal disease.

Periodontal disease is a **bacterial infection** that begins in the pockets and gum tissue around teeth then progresses to destroy ligament and bone support of the teeth.

Periodontal disease is also associated with the following diseases: heart disease, diabetes, pulmonary disease, low birth weight and premature delivery, osteoporosis, Alzheimer's, pancreatic cancer, obesity, still birth and hypertension.

Due to these systemic links, thorough elimination of periodontal pathogens is imperative.

Did you know that the founders of Mayo Clinic have declared that a healthy mouth can add ten years to your life!



The major benefits of **LAPT** are the following:

- **TO KILL PERIODONTAL DISEASE BACTERIA** – This therapy will eliminate 95% of the bacteria in the pockets; stop their infection before they cause further physical destruction and bone loss around your teeth.
- **TO REDUCE OR ELIMINATE BACTEREMIA** – As stated above, research shows that these bacteria that cause periodontal disease have now been linked to a growing number of other diseases. By using the laser, it will reduce the bacterial flow into your bloodstream.
- **TO REJUVENATE THE GUMS** – Laser therapy will rejuvenate the ligament/gum attachment to the tooth creating an environment for the return to a healthy state.

WHAT IS LASER BACTERIAL REDUCTION (LBR)?



Laser Bacterial Reduction (LBR) is a unique dental therapy using a diode laser to help treat and prevent the onset of gum disease.

We now know that approximately 80% of adults are affected with gum disease (aka: gingivitis and periodontal disease). ***It is a growing epidemic in our society, and it is also affecting our youth.***

Periodontal disease is a bacterial infection that begins in the pockets and gum tissue around teeth then progresses to destroy ligament and bone support of the teeth.

Periodontal disease can be associated with the following systemic diseases: heart disease, diabetes, pulmonary disease, low birth weight and prematurely delivered babies, osteoporosis, Alzheimer's, pancreatic cancer, obesity, still birth and hypertension.

Diode lasers are now being used safely, and comfortably to decontaminate the gum tissue and pockets around the teeth prior to your dental cleaning as preventive care. The laser emits concentrated light energy, which vaporizes unhealthy bacteria.

The major benefits of *LBR* are the following:

- **TO REDUCE OR ELIMINATE BACTEREMIA** - During the professional cleaning process, and during normal brushing and flossing, most patients will have some areas that may bleed. This allows bacteria that is present in all of our mouths to flood into the bloodstream and sometimes settle in weakened areas of our body. As stated above, research shows that these bacteria that cause periodontal disease have now been linked to a growing number of other diseases. Using the laser prior to your cleaning allows us to remove the bacteria and reduce the bacterial flow into your bloodstream.
- **TO PREVENT CROSS CONTAMINATION** - Infection in one area of your mouth can be transmitted to other areas. *LBR* minimizes the chance that we may inadvertently pick up the bacterial infection in one area of your mouth and move it to others.
- **TO KILL PERIODONTAL DISEASE BACTERIA** - And stop their infections before they cause physical destruction or loss of attachment around your teeth.

Laser Bacterial Reduction is ***painless*** and will take approximately 3 to 5 minutes.



ARESTIN® PERIODONTAL TREATMENT

PATIENT INFORMATION

WHAT IS IT?

Arestin® is a bioresorbable gel containing minocycline (a tetracycline derivative) microspheres. It has been FDA approved for treatment of gum disease after a deep cleaning procedure known as scaling and root planing.

HOW DOES IT WORK ON GUM DISEASE?

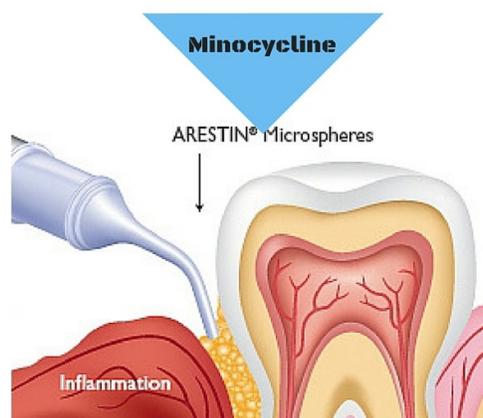
When placed in a periodontal pocket, *Arestin*® maintains a high-level of antibiotic right at the gum disease site without exposing the rest of the body to antibiotics.

This allows treatment using one-hundredth the usual pill-form dose. It directly fights the gum disease infection for 14 days.

HOW DO I GET THE BEST RESULTS FROM MY TREATMENT WITH *ARESTIN*®?

- Avoid touching the treated areas.
- Wait 12 hours after your treatment before brushing teeth.
- Wait 10 days before using floss, toothpicks, or other devices designed to clean between the treated teeth.
- Avoid foods for 1 week that could hurt your gums.
- Don't chew gum or eat sticky foods.
- After 10 days, resume cleaning between the treated teeth on a daily basis.

Remember, you must do your part. If you don't brush **at least** 2 times per day and floss **every** day, then any dental treatment of your gum disease will not work effectively.



3 MONTHS PERIODONTAL MAINTENANCE PATIENT INFORMATION

What is Periodontal Maintenance?

A periodontal maintenance program is an individualized non-surgical plan to control the infection of the gums and root surfaces. The hygienist will perform the treatments to eliminate infection, make recommendations to help you more effectively clean your teeth daily, and guide you through our efforts to achieve and maintain oral health.

Why?

The bacteria that cause periodontal disease re-establishes in 3 months after treatment. A 3 months periodontal maintenance treatment is critically timed to disrupt the bacteria in pockets greater than four millimeters in order to disable the destructive process at its critical stage. This critical stage is when the bacteria and their poisons do the most harm to the supporting structures, namely the periodontal attachment.

For patients with adult periodontitis, supportive 3 months periodontal maintenance treatment is not an option — but a requirement for successful therapy.

What do we hope to accomplish with Periodontal Maintenance?

- Gums that do not bleed. **Healthy gums DO NOT bleed!**
- Fresher breath and taste
- Gums that are not red, swollen, or tender
- Knowing how to effectively maintain good oral hygiene
- Reduced pocket depths
- Control of periodontal disease

What do we need from you, the patient to make this treatment a success?

- Proper home care
- Compliance with your individualized periodontal maintenance program



COMPARISON CHART – PERIODONTAL MAINTENANCE VS. PROPHYLAXIS

What are the differences between prophylaxis and periodontal maintenance?

Periodontal Maintenance

- Therapeutic
- Following surgical or non-surgical gum therapy
- Removal of toxins from root surfaces
- To disinfect and control disease progression
- Remove plaque, bacteria, and calculus below the gum line to control disease
- Needed every 3 months
- Gum disease is episodic in nature and can be triggered by stress, disease and other systemic problems
- Gum disease is not curable but is controllable
- To maintain the health and function of the gums, bone and supporting structures

Prophylaxis

- Preventative
- Lacking signs of disease
- Healthy tissue
- No pockets greater than 4 mm
- No bleeding upon probing
- Remove plaque and stain above the gum line
- Non-therapeutic treatment
- Needed at least every 6 months



Your dental hygienist is an important part of your healthcare team. Our dental hygienists at Creative Smiles are experts at what they do and will recommend and provide you the best treatment that is customized to you.

LASER GUM TREATMENT PATIENT CARE INFORMATION

Great job investing in yourself with laser gum treatment! Please read and follow these instructions. They will make you more comfortable and will help to prevent any possible complications.



- 1. CARE OF YOUR MOUTH** – Brush your teeth with a soft bristle toothbrush for the next 3 days. You also want to avoid flossing and refrain from using your Waterpik® Water Flosser for the next 3 days. Gently rinse your mouth during these 3 days with the prescribed CloSYS® mouth rinse. You may have to GO EASY for those first 3 days, but make every effort to keep your mouth plaque-free. After those 3 days, you may then use your electric toothbrush, floss and water flosser. You may also rinse more vigorously with the CloSYS® mouth rinse.
- 2. DISCOMFORT** – Some discomfort is expected when the anesthesia wears off. Usually, ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste or a toothpaste that we prescribed will usually reduce or eliminate sensitivity in a day or two.
- 3. EATING** – Your next few meals should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips and hard bread for the next 3-4 days. If you have implants, avoid chia seeds. Also, avoid hot, spicy foods, citrus products, and alcohol for at least 24 hours.
- 4. BLEEDING** – Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please call our office at (520) 825-8112.
- 5. SWELLING** – Very seldom does swelling occur. If swelling does occur, it usually disappears after several days. An ice pack may be used to minimize swelling. Ice should be placed in a plastic bag and then wrapped in a thin cloth towel and applied directly over the affected area. You should maintain the towel-wrapped ice pack in contact with the skin as much as possible for the first 24 hours after the first sign of swelling. Any unusual or large swelling should be reported to your dentist as soon as possible.
- 6. SMOKING** – Please refrain from smoking for AT LEAST 24 hours after today's laser gum treatment. Tobacco use interferes with healing.
- 7. EXERCISE** – Avoid any aerobic activity for the rest of the day (e.g., jogging, tennis, pickleball or anything strenuous). Take it easy.

GUM RECESSION = PERMANENT BONE LOSS

CAUSES OF GUM RECESSION:

- Incorrect brushing technique (scrubbing, sawing).
- Too hard of bristles on toothbrush.
- Heredity; genetics plays a role in the strength or fragility of the gums.
- Clenching or grinding of teeth.
- Gum disease.

PROBLEMS ASSOCIATED WITH GUM RECESSION:

- Root cavities.
- More tooth sensitivity to cold, hot, sweets, citrus fruits, and acidic food and drinks.
- Roots erode and become notched, increasing the risk for plaque accumulation, sensitivity, decay and pulp exposure.

TREATMENT FOR GUM RECESSION:

- Prescription strength fluoridated products (EXAMPLES: fluoride varnish or fluoride toothpastes).
- Gum grafts—to stop or slow future recession; cannot always repair the damage already done.

MINIMIZING GUM RECESSION:

- Brush exclusively with a Sonicare® electric toothbrush.
- Do not scrub or saw your roots with the toothbrush.
- If you use a manual toothbrush, always use soft or extra soft bristles.
- Have a nightguard made to remove damaging effects of tooth grinding.



Healthy Gums



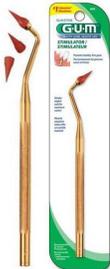
Receded Gums

ORAL HYGIENE PRODUCTS SPECIFIC TO YOUR DENTAL NEEDS

You are making a great decision investing in your health! Use the following oral hygiene products to enhance your health. If you have any additional questions about these products, please call or email us. We are here to help!

<p>Sonicare Toothbrush</p> <input data-bbox="142 699 188 745" type="checkbox"/> 	<p>Waterpik Flosser</p> <input data-bbox="571 684 617 730" type="checkbox"/> 	<p>Fluoridex Toothpaste</p> <input data-bbox="1002 684 1047 730" type="checkbox"/> 
--	---	---

<p>Clinpro 5000 Toothpaste</p> <input data-bbox="142 1127 188 1173" type="checkbox"/> 	<p>Proxabrush</p> <input data-bbox="571 1127 617 1173" type="checkbox"/> 	<p>Superfloss</p> <input data-bbox="1002 1115 1047 1161" type="checkbox"/> 
--	---	---

<p>Floss Threader</p> <input data-bbox="142 1495 188 1541" type="checkbox"/> 	<p>Rubber Tip</p> <input data-bbox="571 1495 617 1541" type="checkbox"/> 	<p>Denture Brush</p> <input data-bbox="1002 1495 1047 1541" type="checkbox"/> 
---	---	--

