Practicing Good **Oral Hygiene** at Home

Be sure to follow this four-step routine when you’re in between dental visits to keep plaque and harmful bacteria from building up in your mouth:

1. Brush your teeth and use an antiseptic mouthwash twice daily.
2. Floss your teeth every day.
3. Eat a balanced diet.
4. See your dentist for routine dental checkups.

*Remember, maintaining good oral health is a key factor in maintaining good overall health.*

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**A Visit to Your Dentist or Dental Hygienist**

We help you maintain a healthy smile.

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**Stages of Gum Disease**

- **No gum disease**
  Healthy gums and bone shown.

- **Infection sets in**
  Tartar (calculus) and bacteria lead to infection, destroying gums, ligaments and bone.

- **Danger of losing teeth**
  As more bone is destroyed, the tooth is in danger of falling out.
Laser Treatment Offers Added Benefits

Laser treatment is the use of concentrated light to decontaminate or reduce bacterial levels within the infected gum tissue following a dental cleaning. Laser treatment benefits patients in many different areas of dental treatment, including: hygiene, periodontal and endodontic treatments and oral surgery.

At this dental practice, laser treatment is an integral part of our offerings. You and your dentist can decide together if laser treatment is right for you.

For more information, please ask for our Laser Treatment brochure.

Why do I need my teeth professionally cleaned?

While brushing and flossing daily help to remove a great deal of plaque, it is nearly impossible to eliminate all of it. Once plaque hardens into tartar (calculus), the only way it can be removed is by a professional cleaning (or dental prophylaxis) from your dentist or dental hygienist. This type of cleaning is purely preventative in nature and does not treat an active infection.

The bacteria found in plaque and tartar is irritating to the gums, causing inflammation and bleeding. If left untreated, this inflammation or infection (also known as gum or periodontal disease) becomes destructive to the tissues supporting the teeth. Gum disease is linked to tooth loss and health risks like heart disease, Alzheimer’s, diabetes, stroke, lung problems, preterm low-birth weight in babies and even erectile dysfunction.

How is scaling and root planing different from a “regular cleaning”?

If your dentist diagnoses an infection with pocket depths of 4mm and above, plus gum bleeding, then you may have early stages of gum disease. Scaling and root planing is a more extensive cleaning performed to arrest the destruction of bone supporting your teeth. To assist in reducing the levels of bacteria and promote faster healing, your dentist may also recommend the use of a dental laser.

What are the warning signs of gum disease?

According to the Centers for Disease Control, 47.2 percent of American adults over the age of 30 have mild, moderate or severe gum disease. Prevalence rates rise above 70 percent for those over the age of 65. Here are some warning signs:

- Bleeding gums during brushing or flossing
- Gums that pull away from teeth
- Persistent bad breath
- Pus between teeth and gums
- Loose or separated teeth

Flexible Financial Options for Your Smile

We have a wide range of payment options and welcome most insurance plans and major credit cards. Our staff is trained to assist you in maximizing your insurance coverage, minimizing your out-of-pocket costs and offering arrangements and other options to pay for your treatment over time.
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For more information, visit smilegeneration.com/hygiene