

Gingivitis

During your clinical examination we found that you have plaque on your teeth and inflammation of your gums. The areas that are red and puffy may be sensitive or bleed when you brush and floss. This is known as **Gingivitis**. Plaque contains bacteria, and together they make a complex living network called Bio-Film. In other words, this is an infection of the gum tissue. If this condition is left unaddressed, you risk the progression of the bacteria deep into the gum and deeper into the bone which lies below. Bacteria invading the bone causes a more severe condition known as periodontal disease.

Currently the bone below is unaffected, and we can reverse the harm caused by the plaque and the bacteria it contains. In order to clear the plaque, and remove the infecting bacteria we may suggest certain procedures. Our goal is to effectively clear the plaque and remove the bacterial infection. Our office has invested heavily in specific air jet, ultra-sonic, and laser technologies. We may employ ultra-sonic vibrations to disrupt the Bio-Film. We may blast away stains and subsurface bio-film. And finally, in certain cases we may use a laser to disinfect the space between the teeth and them gums, to stimulate longer lasting change.

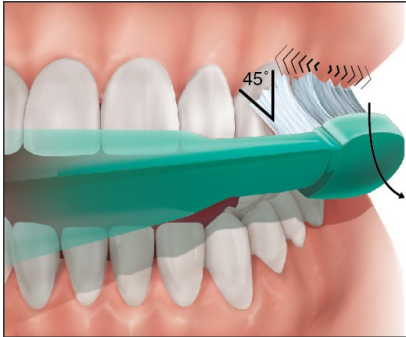
The good news is with learned techniques and improved homecare we can reverse the damage caused by inflammation. Electric toothbrushes, floss picks, water flosses or more frequent visits will all help you prevent regression. Every patient is unique so we may modify and tailor your hygiene treatment plan accordingly. In the following page we have collected common helpful guides and products.



Homecare adjustments you can make at home to maintain a healthy mouth.

Brushing Technique

By angling our bristles towards the gumline, we can gently remove plaque from where the gum and tooth meet.



Interproximal Cleaning

Using a toothbrush alone we miss cleaning anywhere from 30-40% of each tooth. Whether using string floss, floss picks, interdental brushes, or a water flosser to clean in between the teeth makes a big difference in overall gingival health and reduces the risk of developing cavities.

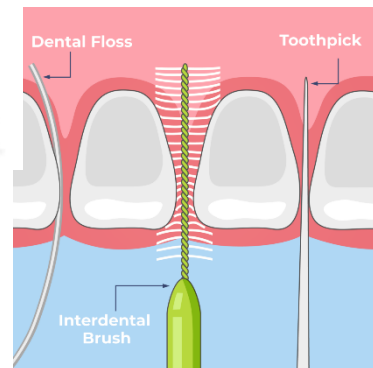
Water Flosser



push bacteria into sulcus. Rather aim the water jet parallel to the floor and rinse through the teeth toward the tongue.



A Water flosser will help to dislodge food and plaque. Patients with spaces and bridges can benefit from this. Do not aim into the gum and



Proper usage TePe Interproximal Flossers

<https://www.youtube.com/watch?feature=shared&v=cXA-tPUkdO8>

