

# periodontal maintanance

stay ahead of  
gum disease



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## Preserve the Progress You Have Made

Once your gum disease is brought under control, it is very important that you get dental care on a periodic basis.

**Cleaning your mouth daily at home is a must, but it is not enough to keep periodontal disease in check.**

Patients with a history of periodontal disease need a deeper cleaning because they have formed “pockets.” With regular deep cleanings the pockets can shrink, and the gums can become healthier.

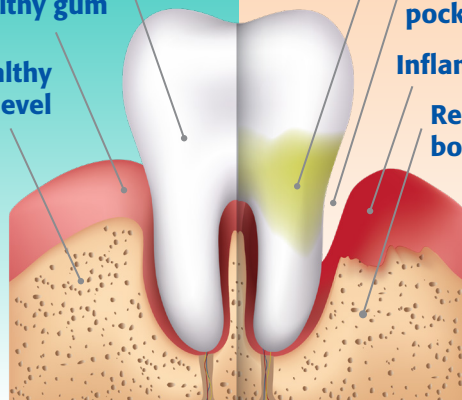
For patients whose periodontal treatments have already been successful, periodontal maintenance can help ensure their gums stay healthy.

### HEALTHY TOOTH

Enamel  
Healthy gum  
Healthy bone level

### PERIODONTITIS

Plaque and tartar  
Deepening pocket  
Inflammation  
Reduced bone level



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# Oral and Overall Health

***A team approach is critical.***

Our hygienist has begun your therapy, but you must carry it forward. At home every day, take good care of your teeth and gums.

You don't have to lose teeth to periodontal disease. They often can be treated successfully.

## New You Healthy Smile Tips

- ✓ **Brush and floss teeth twice a day**
- ✓ **Stay hydrated and eat healthy**
- ✓ **Keep your diabetes in check**
- ✓ **See your dentist every 6 months**
- ✗ **Stop chewing/smoking tobacco**
- ✗ **Don't chew gum**
- ✗ **Don't eat sticky food or food that can hurt your gums (popcorn, chips)**

## Keep Brushing and Flossing

Brushing and flossing are important for everyone, but even more so if you have gum disease. You should brush your teeth twice a day and use floss or a water pick to remove plaque and bits of food between your teeth and gums.

If your gums have pulled away from your teeth, use special between-the-teeth brushes and wider types of floss and picks. Your dentist may recommend a mouth rinse and/or powered toothbrush in addition to brushing and flossing. (Electric toothbrushes are good options for people with arthritis and others who may have difficulty brushing).



## Sensitive Teeth

Your teeth and gums may be sensitive after periodontal procedures. This soreness can make you want to avoid cleaning the treated areas. But it is very important to keep brushing gently and flossing to remove the plaque.

If this plaque is not routinely removed, root decay (cavities) may occur. Our hygienists will recommend a special toothpaste or other treatments that can decrease your sensitivity.

## Take care of your smile

With the help of our dental team, you don't have to lose your teeth to gum disease!

Your dentist has treated your gum disease, but you must also do your part. Brush and clean between your teeth every day, eat a healthy diet and schedule regular dental visits.

If you have any questions before and after the treatment, our team would be glad to discuss with you at your convenience.