



The Green Dental Perio Boost

1

Consultation

**Comprehensive x-rays & clinical photographs
Full diagnosis & treatment plan**

2

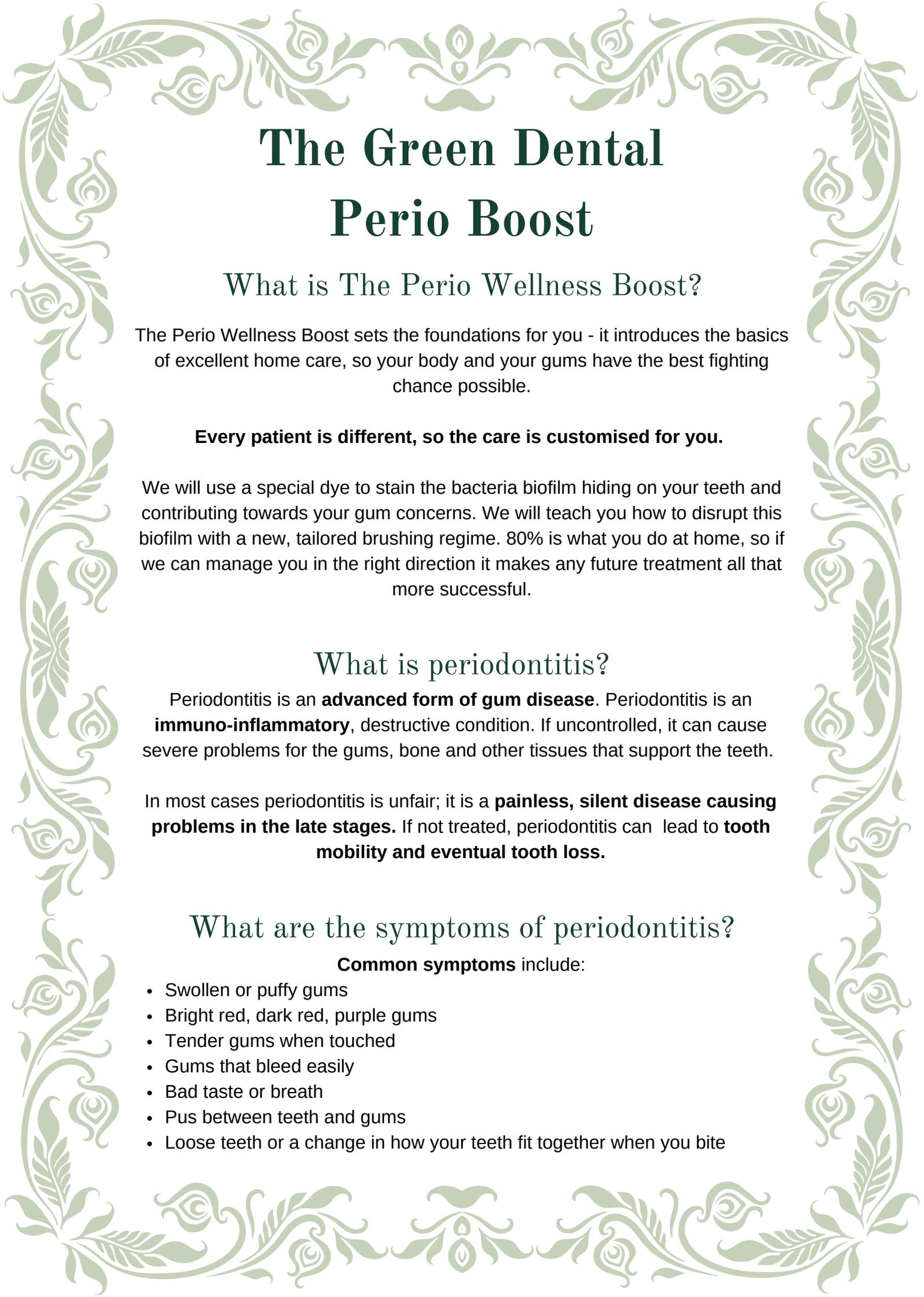
Oral Hygiene & Biofilm Disruption

**Biofilm dye & management technique
Professional Biofilm Disruption
Includes our complimentary oral hygiene kit**

3

Periodontal Reassessment

**8 week health reassessment
Consider further management as required**

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Perio Boost

What is The Perio Wellness Boost?

The Perio Wellness Boost sets the foundations for you - it introduces the basics of excellent home care, so your body and your gums have the best fighting chance possible.

Every patient is different, so the care is customised for you.

We will use a special dye to stain the bacteria biofilm hiding on your teeth and contributing towards your gum concerns. We will teach you how to disrupt this biofilm with a new, tailored brushing regime. 80% is what you do at home, so if we can manage you in the right direction it makes any future treatment all that more successful.

What is periodontitis?

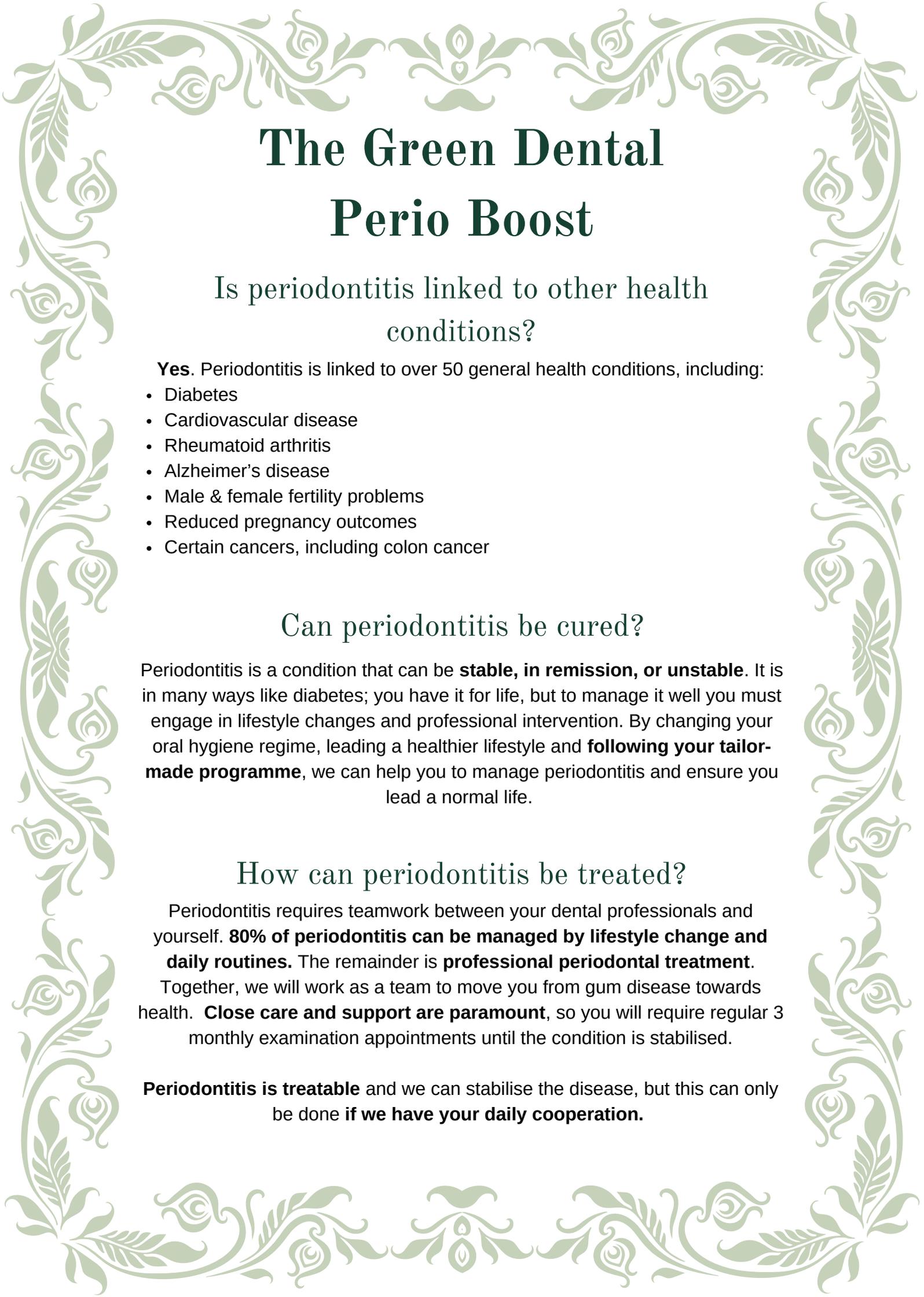
Periodontitis is an **advanced form of gum disease**. Periodontitis is an **immuno-inflammatory**, destructive condition. If uncontrolled, it can cause severe problems for the gums, bone and other tissues that support the teeth.

In most cases periodontitis is unfair; it is a **painless, silent disease causing problems in the late stages**. If not treated, periodontitis can lead to **tooth mobility and eventual tooth loss**.

What are the symptoms of periodontitis?

Common symptoms include:

- Swollen or puffy gums
- Bright red, dark red, purple gums
- Tender gums when touched
- Gums that bleed easily
- Bad taste or breath
- Pus between teeth and gums
- Loose teeth or a change in how your teeth fit together when you bite

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Is periodontitis linked to other health conditions?

Yes. Periodontitis is linked to over 50 general health conditions, including:

- Diabetes
- Cardiovascular disease
- Rheumatoid arthritis
- Alzheimer's disease
- Male & female fertility problems
- Reduced pregnancy outcomes
- Certain cancers, including colon cancer

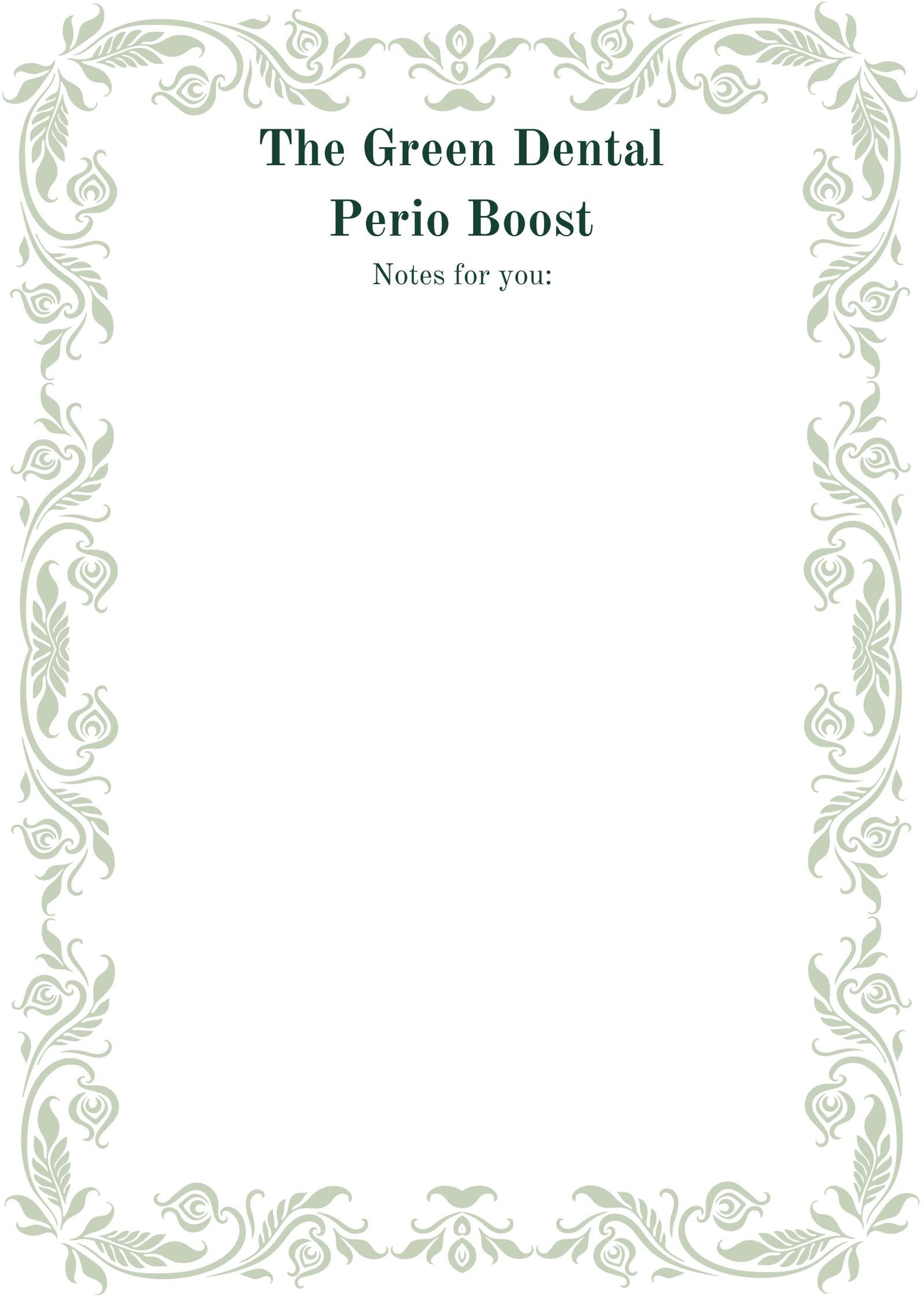
Can periodontitis be cured?

Periodontitis is a condition that can be **stable, in remission, or unstable**. It is in many ways like diabetes; you have it for life, but to manage it well you must engage in lifestyle changes and professional intervention. By changing your oral hygiene regime, leading a healthier lifestyle and **following your tailor-made programme**, we can help you to manage periodontitis and ensure you lead a normal life.

How can periodontitis be treated?

Periodontitis requires teamwork between your dental professionals and yourself. **80% of periodontitis can be managed by lifestyle change and daily routines.** The remainder is **professional periodontal treatment**. Together, we will work as a team to move you from gum disease towards health. **Close care and support are paramount**, so you will require regular 3 monthly examination appointments until the condition is stabilised.

Periodontitis is treatable and we can stabilise the disease, but this can only be done **if we have your daily cooperation.**

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Notes for you: