

Beware of

Bleeding Gums!



If your gums bleed,
Then your entire circulatory system can be attacked by
every form of bacteria, that is present in your mouth !

The bacteria enters the blood stream and is
transmitted to various body organs.

This may result in...

- High risk for heart disease
- Respiratory disease
- Stomach problems

- Diabetes
- Pancreatic problems

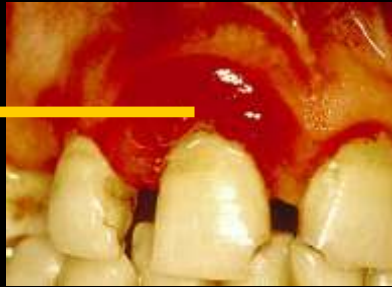
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Gum disease

Progression of GUM DISEASE If left untreated ...

First stage

- Painless
- Gums are red & swollen
- Bleeds while brushing
- Bad breath



Treatment

- Ultrasonic teeth cleaning
- Brushing & flossing
- Medications

Second stage

- Gums detach from tooth
- Tooth root is exposed
- Pain & sensitivity occurs



Treatment

- Ultrasonic teeth cleaning
- Brushing & flossing
- Medications
- and...
- Gum flap surgery

Third stage

- BONE DESTRUCTION
- TOOTH IS LOOSE !



Treatment

Tooth removal
maybe the only option !

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Gum flap surgery

Gums are detached away from the tooth, in case of severe gum disease.



In this case
GUM FLAP SURGERY is done,
to save the teeth.



Gums detached away
from the teeth due to
severe gum disease.



Gums are attached back
to place after
gum flap surgery.

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Gum care in **DIABETIC PATIENTS**

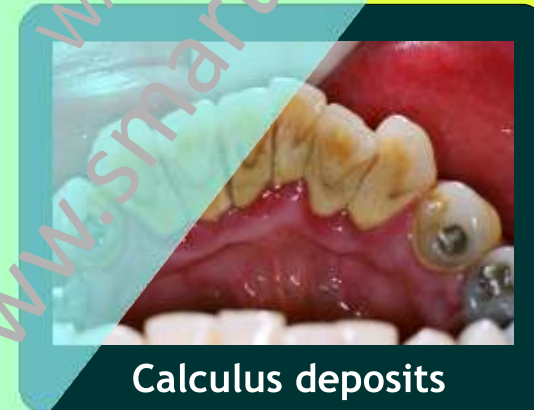
The occurrence of **DENTAL CARIES (TOOTH DECAY)** and **GUM DISEASE** is more in **DIABETIC PATIENTS**



DIABETIC DENTAL CARE

01 Brush and floss twice daily .
If possible after each meal.

02 Do not let calculus deposits accumulate on your teeth. Get it cleaned immediately !!



03 Use teeth and gum care medicines,..as prescribed by your doctor.

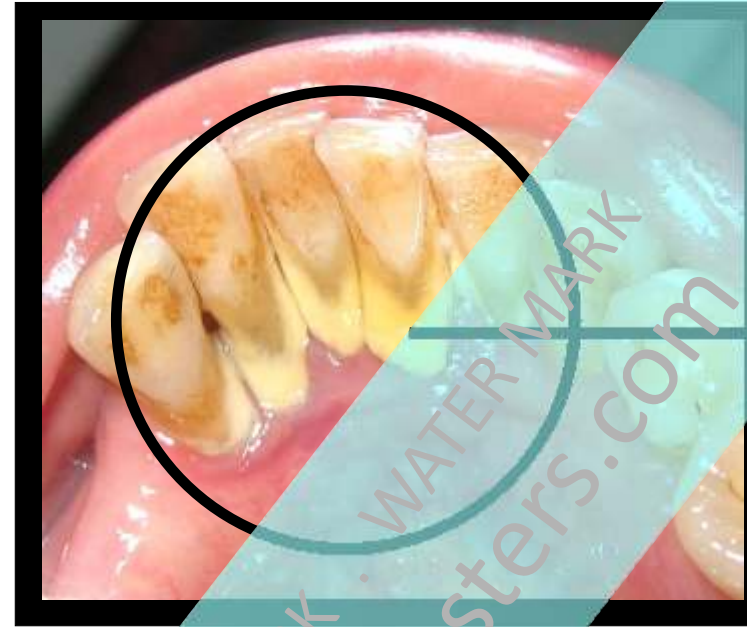
04 Do dental check-up every six months !

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Scaling

Ultrasonic cleaning of teeth

This procedure **removes CALCULUS DEPOSITS and STAINS**, which cannot be removed by brushing or flossing.



Calculus deposits



This is a painless procedure done with an **ultrasonic cleaning device**.

Scaling procedure causes **NO DAMAGE TO THE TEETH ENAMEL**.

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Scaling

Ultrasonic cleaning of teeth



Before Cleaning

The teeth covered by calculus deposits and stains



After Cleaning

Scaling should be done once every 6 months

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Brushing -The right technique

1



The brush is held with the bristles at 45 degree angle to the tooth surface .

2



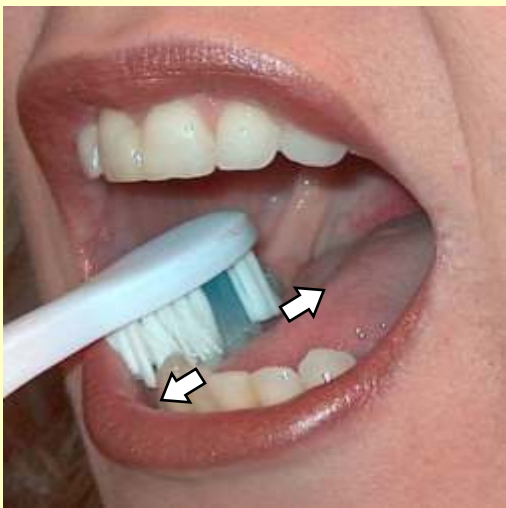
Start brushing in a back to front and front to back motion.

3



The upper teeth is to be brushed downwards, and the lower teeth upwards.

4



The chewing surfaces of the teeth are scrubbed in a back to front , and front to back motion.

5



To clean the inside surface of the teeth, hold the brush vertically and make gentle up and down strokes.

6



The tongue should also be brushed, to remove the bacterial coating.

- **Brush twice daily.**
- **Remember to Brush at night before going to bed.**

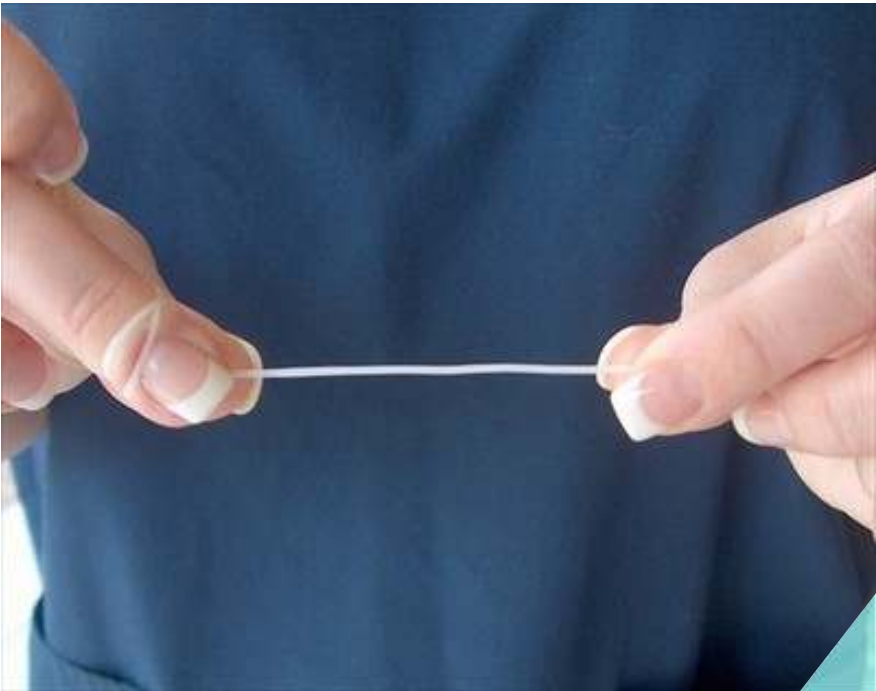
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Remnants of food particles which gets stuck in between the teeth,
and cannot be removed by brushing,
must be removed by ...

Flossing



Dental floss is made of thin plastic or nylon thread, which you place between the teeth and pull in order to clean the gaps.



Wrap the floss between your fingers .



Gently insert the floss between your teeth.



Pull on the thread so as to remove remnant food and debris.

YOUR CLINIC DETAILS WILL BE ADDED HERE

INTER DENTAL BRUSHING

Brushing alone does not remove the inter dental plaque completely.

Accumulation of this plaque leads to gum disease.

Inter dental brushes are used to clean off this plaque.



Inter dental brushes are used to clean between braces during Orthodontic treatment.

INTER DENTAL **Brushes**

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Mouth Wash

How it acts?

- 1 Mouth washes give additional protection against tooth decay !
- 2 It inhibits plaque accumulation , thus reducing the chance of getting gingivitis or gum disease .
- 3 Mouth washes reduces tooth sensitivity !
- 4 In some brands,..the Mouth washes is stained,.. so that it gives a colour to the bacteria, plaque and food debris accumulated in the teeth. This makes their removal easier !



Mouth wash is an effective home dental care system,.. to enhance oral hygiene !

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Use the adequate mouth wash
as recommended by your
Dental surgeon .



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ELIMINATE Bad Breath

1



Brush twice a day .
Remember to Brush at night
before going to bed.

Brush after eating foods
such as milk, cheese and fish.
The breakdown of protein
in the mouth causes bad breath.

2



Brush off the white residue
on your tongue.
Or Use a plastic spoon
to scrape it off.

3



Flossing should be done
once daily.

4



Use a Mouth Wash
as recommended
by your Dentist.


5



Cavities are the main
source of bad breath.

Get your cavities
filled at the earliest.

6



Avoid dry mouth !
Dry mouth causes
Bad Breath !
Avoid mouth breathing !

Drink plenty of water.

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ELIMINATE BadBreath

7



Denture Cleansing Tablet

Clean, Dentures in Denture cleansing solution.

8



Avoid Tobacco
of any form
and Alcohol.

9



Calculus deposits

Calculus deposits cause
Bad breath & Gum disease.

Calculus should be removed
by Professional Teeth Cleaning
(SCALING)



With an ultrasonic device.

10



Dental check-up
every 6 months.

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