

Periodontal disease overtime destroys the jaw bone that supports teeth by way of a bacterial infection and your own immune system. Harmful organisms in dental biofilm contribute to dental cavities and jaw bone loss; both can result in tooth loss. Your body's response to the infection produces cytokines that break down the supporting bone and connective tissue. We now have evidenced that there is a connection with this infection, cardiovascular disease and premature births.

Periodontal therapy includes a thorough debridement of the bacterial biofilm and a scaling of the hard deposits that are firmly attached to the teeth. This procedure will be preformed with local anesthetics when indicated. Oral hygiene instructions for daily bacterial control will be provided. In addition, irrigation with an antimicrobial solution may be added to your home care regimen. Sometimes topical and systemic antibiotics will be used.

To improve your immune systems health it is suggested that you eat a balanced diet, take appropriate supplements, avoid tobacco and alcohol, exercise regularly and cut down on stress.

There is no cure for periodontal disease. Effective full mouth disinfection, daily home care, and 3-4 month periodontal maintenance visits will assist the immune response. Our goal is to limit the potential for re infection.

How to brush your teeth

Wet your tooth brush and apply a pea size amount of tooth paste. Place the brush at a 45 degree angle to the gum line. Press the brush head against the gums until they blanch. Jiggle the brush head without lifting it off the teeth. Lift the brush head and move to another group of teeth. Hold the tooth brush vertically to access the tongue side of your front teeth. Power brushes should be used according to the manufacturer's directions. All tooth brushes should be replaced every 2-3 months.

How to use dental floss

Take a foot of floss and carefully wrap it around both middle fingers. Extend the floss with forefingers and thumbs and gently move the floss thru the contact. Using a back and forth; up and down motion, try to create friction on the sides of the teeth, between the tooth and gum. Keeping your fingers as close to the teeth will prevent injuries.

Water jet device

Fill water reservoir with warm tap water. Select the regular tip. Use a medium to high setting. Place tip in the mouth and hang head over the sink to allow for water drainage. Water should be directed at right angles to the teeth at the gum line. Count slowly to 5 and move to the next tooth. Water should be directed from the outside to inside only. It may be necessary to refill smaller water tanks to accommodate the whole mouth. Pik pocket tips carrying antimicrobial solutions should be placed between the tooth and gum and directed toward the base of the pocket. Use the lowest setting and appropriate tip. Make sure clean water is run thru the unit whenever solutions are used. Clean and dry the water tank.

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