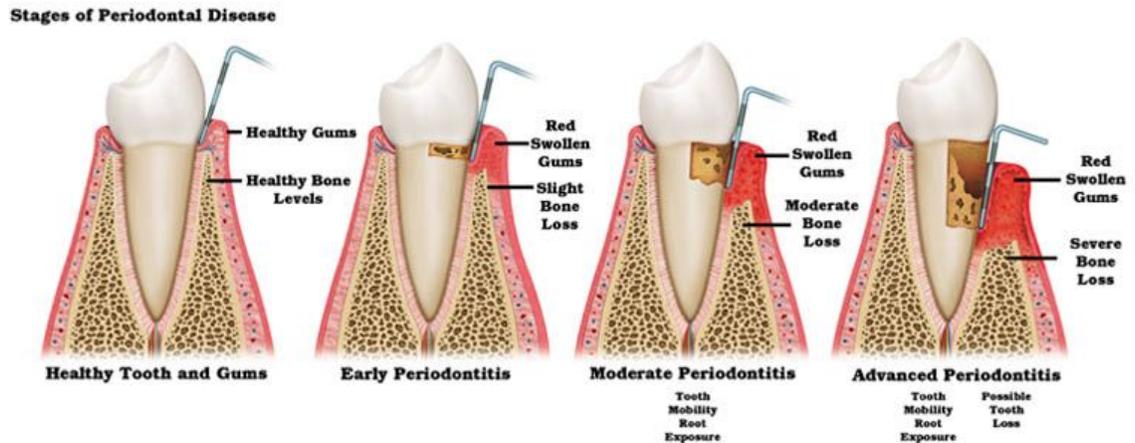


1) SRP (Scaling and Root Planing also known as Deep Cleaning)



We evaluate each of our patients to determine the health of their gum tissue and the bone surrounding their teeth. A regular dental cleaning is to prevent gum disease and bone loss on patients with healthy gums and no evidence of bone loss. Once you have entered a periodontal state and have gum inflammation, tartar buildup under and around



the gums, and beginning signs of bone loss we suggest you get a deep cleaning. It is important to remove the tartar from under the gums because this will allow the periodontal pockets around the teeth to heal and give you the best chance of preventing further bone loss and eliminating the source of bad breath. When you get a deep cleaning, we can either give you local anesthesia or a numbing gel, depending on your comfort level.

The deep cleaning allows us to comfortably clean the tartar from under the gums, irrigate the pockets with a medicated rinse, and halt the process of disease. The long-term implications of NOT getting a deep cleaning when one is suggested is that the disease process will continue, causing you to lose the bone around the teeth, which can eventually make you lose your teeth.

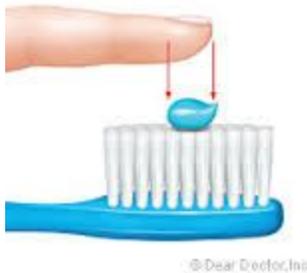
- a) Post-op instructions: You should be careful while you are still numb after leaving our office, making sure that you do not bite or chew on your tongue or cheek. You will want to make sure that you brush and floss your teeth with the techniques taught during the deep cleaning before you go to bed that night, and continue to do this twice a day to prevent further disease. You also have a medicated mouth rinse called Chlorhexidine, which you should use for 2 weeks following your deep cleaning. Fill the cap on the Chlorhexidine rinse to the "fill line," about 15 mL, swish it in your mouth for 30 seconds and then spit it out, 2 times per day. If you use Chlorhexidine for more than 2 weeks it can cause staining on your teeth.

- b) Numbness may last 2-6 hours and eating soft foods that doesn't involve a lot of chewing is recommended. You may eat one hour after your visit but with caution. It is recommended to take over the counter medication like Tylenol with your first meal to minimize discomfort

2) Homecare for Kids - We want you to know how to best care for your children's teeth at home to keep the sugar bugs away!

- a) Babies - for babies that don't have teeth yet, or only have a few right now, you can use a wet, warm washcloth to wipe off their teeth and gums. This helps to remove the film of milk left behind from when they eat. It is important not to let your baby go to bed with a bottle of milk, because the milk sitting on their teeth all night can lead to decay.

- b) Toddlers - for toddlers that have more teeth, you can use a small, soft toothbrush with a pea-sized drop of toothpaste, or you can still use a warm washcloth. You want to try to brush their teeth 2 times per day, but the night time brushing before bed is the most important so sugar doesn't sit on their teeth all night. Also, if your toddler is having a lot of juice or sweets, you want to try to rinse their mouth with water after they finish, instead of letting the sugar sit on their teeth. Some toddlers want to try to brush their own teeth - that's OKAY! You can let them brush their teeth, but be sure to go in



after them and brush again.

- c) School-aged Children - at this age, most children are brushing by themselves. Try to encourage your child to brush twice a day, especially at night. If you see that your child is not doing a good job brushing by themselves, you should follow up behind them and brush their teeth. Fluoride toothpaste and fluoride mouth rinse is good for children in this age group to help prevent cavities.



3) Homecare for Adults - It is important for your teeth and gums that you brush twice a day! We want to give you some instructions on how to best keep your teeth and gums healthy at home, between your appointments with us! We always recommend that you use a soft



or extra soft toothbrush, because medium or hard toothbrushes can cause your gums to recede and you may experience sensitivity. When you are brushing, be sure to angle your toothbrush down at about a 45 degree angle, this allows you to gently massage your gum tissue to keep it clean

and healthy. It is very common to miss the backside of your front teeth, so you should angle your toothbrush handle up vertically when you brush here, because it allows you more access to the teeth back there. Flossing is also important, because this helps prevent cavities from forming between your teeth and is the only way you can remove plaque that gets between your teeth, because your toothbrush can't reach there. When you floss, you want to take about 10-12 inches of floss, wrap it around your index finger on each hand, and using your middle fingers to push the floss, gently sawing it down between each tooth. You want to be careful not to pop the floss down between your teeth, because that can be harmful to your gums. Flossing at least one time a day can help improve your oral health!

