

## Dental Hygiene



## What is plaque?

- The mouth contains millions of bacteria; they stick to the surface of your teeth and quickly multiply to form plaque.
- Plaque is responsible for the two most common oral diseases; tooth decay and gum disease.



## What is tartar?

- Tartar (calculus) is formed when minerals, such as calcium, in the saliva combine with plaque to make it hard. Once tartar has formed, it can only be removed by your dentist.
- Effective daily plaque removal is the best way to prevent build-up of tartar.



## What is gingivitis?

If plaque is allowed to build up on teeth, toxins produced by bacteria inflame the gums. This early stage of gum disease is called gingivitis.

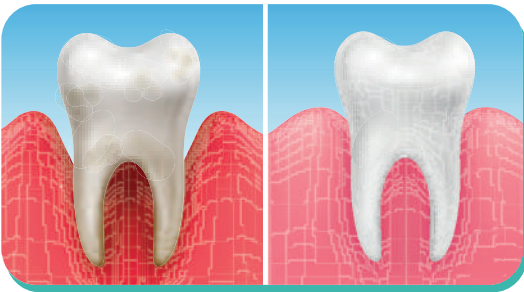
## What are the early signs of gingivitis?

The signs of gingivitis include inflamed, red and swollen gums that bleed upon brushing. Plaque is often visible on the tooth surfaces and along the gum line.



### What do inflamed gums look like?

- Inflamed gums are red, swollen and bleed on brushing.
- Plaque is often visible on the surfaces of teeth, next to areas of inflammation



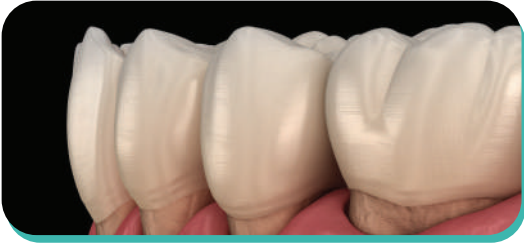
### Can gingivitis be treated?

- Yes. Gums affected by gingivitis can be treated to restore healthy gums.
- Your dentist or hygienist will remove all tartar and plaque, and show you how to improve the way you clean your teeth and gums.

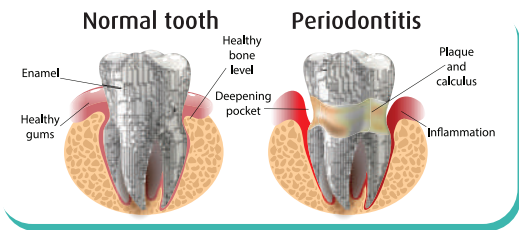


### What is periodontitis?

Periodontitis is the name given to the stage of gum disease when inflammation reaches the bone



As more bone is destroyed, the tooth begins to loosen. As the pocket you get deeper, abscesses can occur. Sometimes the gum will shrink and the tooth root will become exposed.



### Are all teeth affected to the same extent?

Teeth that are kept clean will stay from gum disease. When present, gum disease is usually more severe towards back of the mouth and between the teeth, these are areas that are difficult to keep clean and free of plaque

### Can periodontitis be treated?



- Periodontitis is not reversible, treatment can help ensure that further progression is stopped and the affected tooth or teeth can be saved.
- Your dentist or hygienist will remove any deposits from pockets around affected teeth.