What is Periodontal Maintenance???

• Perio Maintenance is “Gum Therapy”
• It is more than a regular “healthy mouth” cleaning
• Increased Gum Pockets = Increased need of visits per year
  (Pocket: gum measurement deep enough that it cannot be effectively cleaned by brushing and flossing alone)
• Special instruments allow germ removal from deep hard-to-reach areas (pockets)
• Why every 3 months? Germs resume destroying gums and bone at 90 days
• Gum disease increases the risk of heart attack, stroke, uncontrolled sugar levels, low birth weight babies, and inflammation in the entire body.
• Chewing on teeth with unhealthy gums causes germs to get into your bloodstream (bacteremia)

*Keep your mouth healthy for the sake of your general health.*