

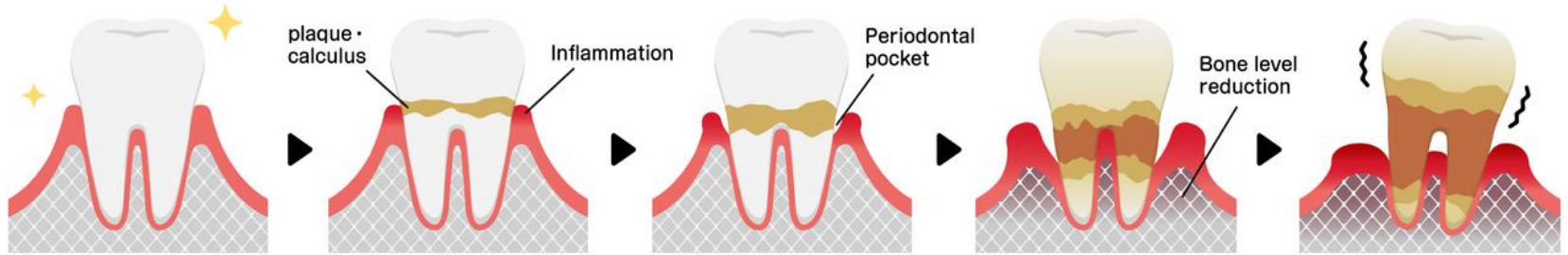


**Healthy Gingiva**



**Diseased Gingiva**

# The stages of periodontal disease



**Healthy Gums**

**Gingivitis**

**Mild  
periodontitis**

**Moderate  
periodontitis**

**Severe  
periodontitis**

Plaque inflame the gums and bleed easily.

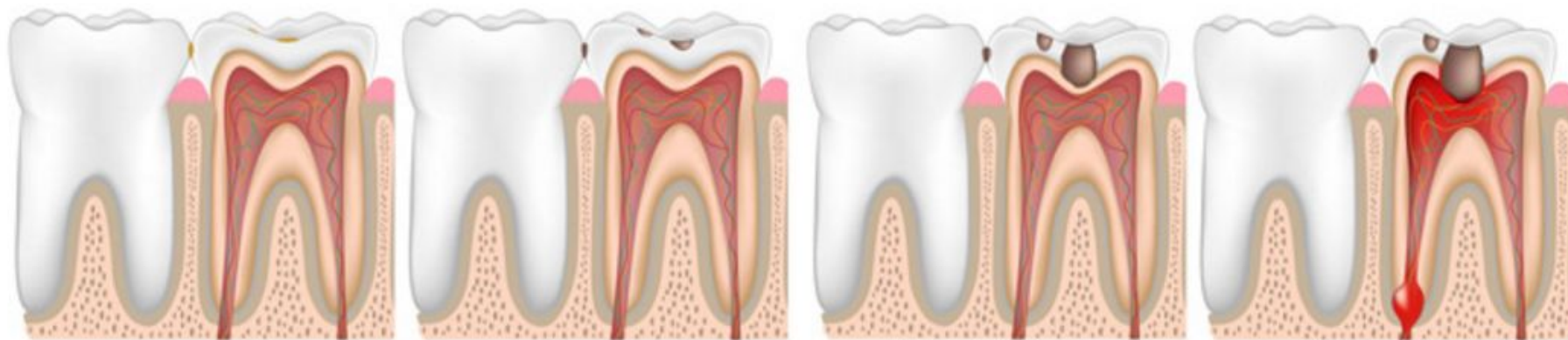
The beginning of bone and tissue loss around the tooth.

More bone and tissue destruction.

Extensive bone and tissue loss. Teeth may become loose.



## The stages of tooth decay



1. Healthy tooth with plaque

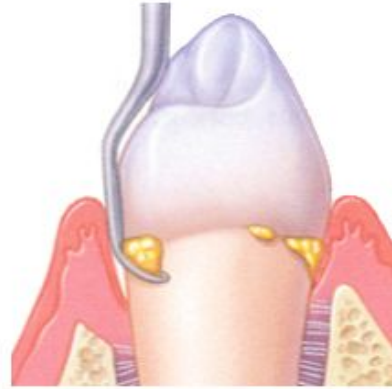
2. Decay in enamel

3. Decay in dentin

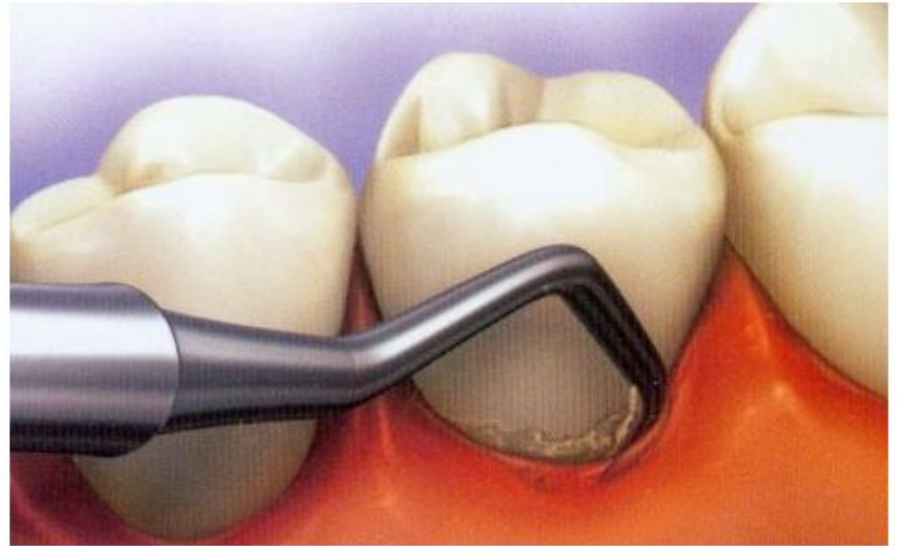
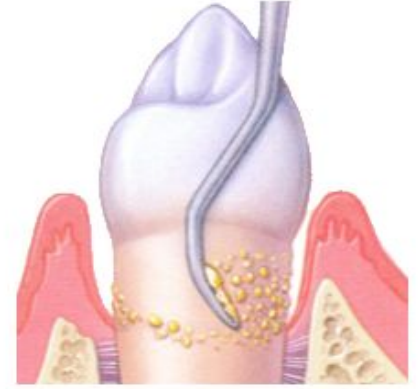
4. Decay in pulp



## SCALLING



## PLANING





# How to Floss Correctly



## step 1

Get yourself a piece of floss the same length as your arm (from hand to shoulder). Wrap the floss around your middle or index finger on each hand, so there is a space of about two inches between your fingers.



## step 2

Gently slide the floss between your teeth and down towards your gums. Wrap it in a "C" shape around the base of your tooth and just under the gum line. Be sure to move the floss up and down from the bottom to the top of your tooth two or three times. Never saw back and forth.



## step 3

Move the floss to the next tooth, being sure to get both sides of each tooth, including the molars at the back of your mouth. Use a new piece of the floss as it picks up particles of food.



## step 4

There may be some bleeding when you first start flossing. If the bleeding doesn't stop after a few minutes, or if your gums still bleed following repeated flossing, see a dentist.

Today, there are many different types of floss. It comes in:



- thick or thin
- waxed or unwaxed
- flavored, such as cinnamon or mint, or unflavored



# TYPES OFFLOSS



## SATIN TAPE

Covers more area than standard floss for cleaning wider gaps between teeth



## RIBBON FLOSS

Slides easily in tight spaces for a superior clean at and below the gum line



## SUPER FLOSS

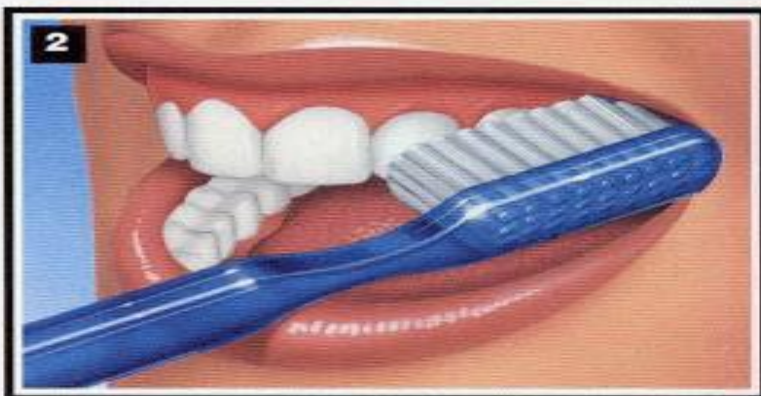
Features varying widths for cleaning between braces, bridges, and around implants







Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.



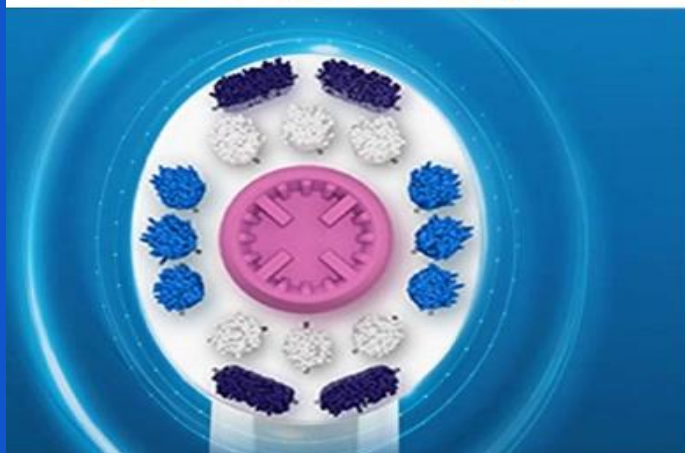




Oscillating/rotating

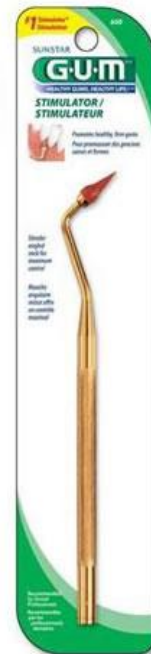
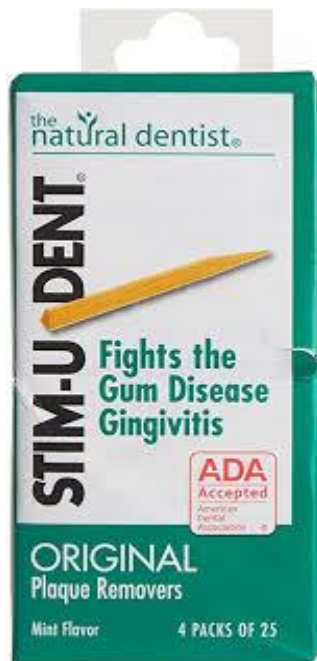


Vibrating or "Sonic"

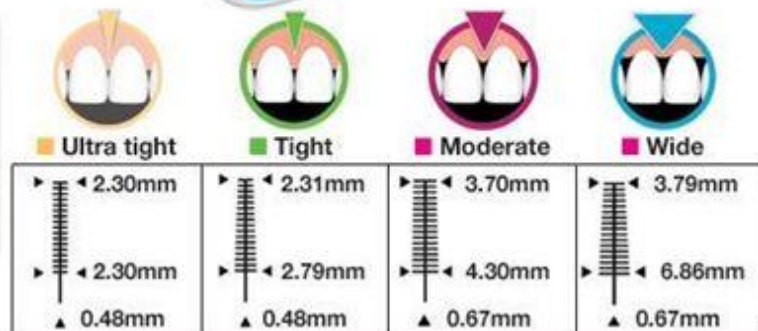


VS

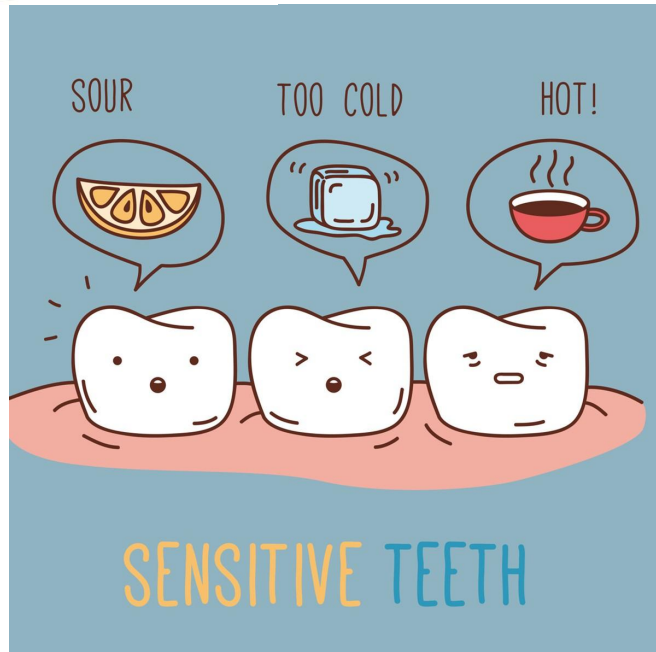




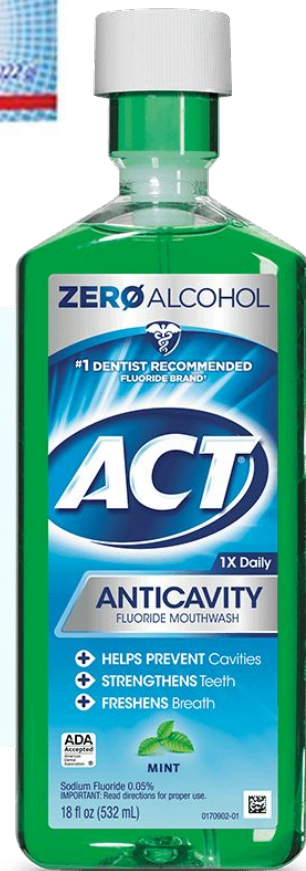
New triangular bristles remove up to 25% more plaque





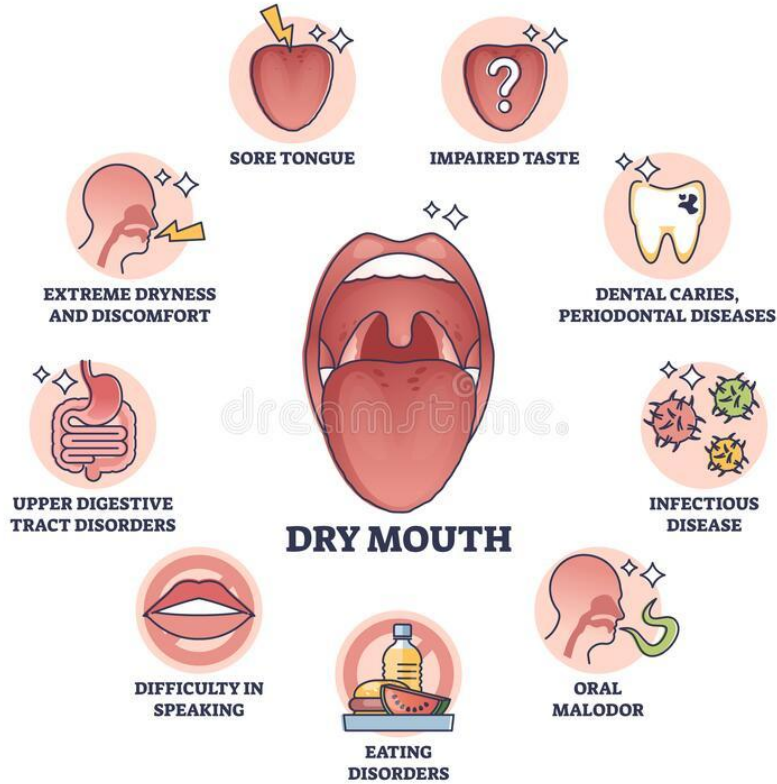


# HOW FLUORIDE WORKS



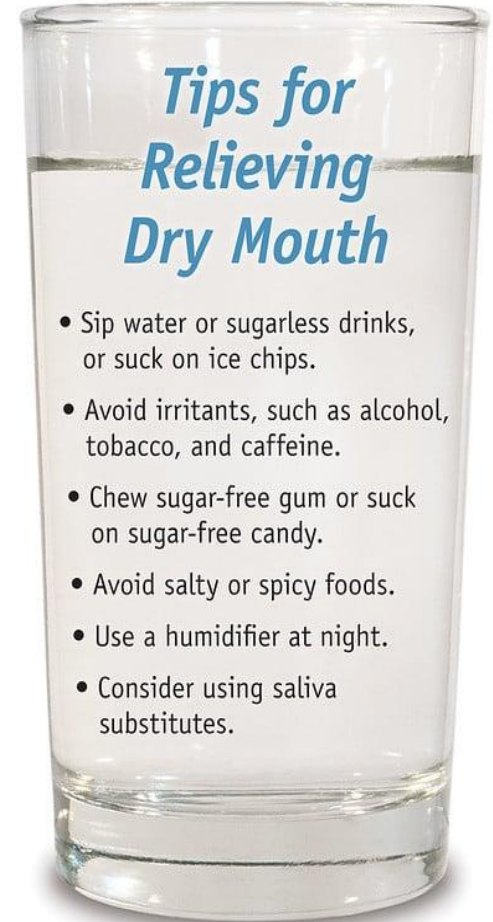




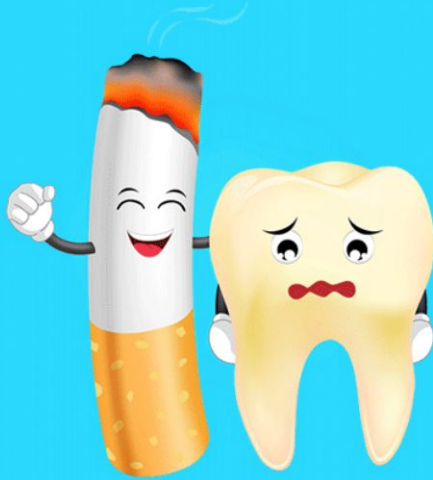


## *Tips for Relieving Dry Mouth*

- Sip water or sugarless drinks, or suck on ice chips.
- Avoid irritants, such as alcohol, tobacco, and caffeine.
- Chew sugar-free gum or suck on sugar-free candy.
- Avoid salty or spicy foods.
- Use a humidifier at night.
- Consider using saliva substitutes.



# Tobacco Effects on Teeth



**Stained Teeth:** Regular tobacco use can turn pearly whites yellow or brown

**Bad Breath:** One of the main reasons for bad breath is smoking

**Gum Disease:** Smokers produce more bacterial plaque causing gum disease

**Oral Cancer:** 90% of oral cancer patients are smokers



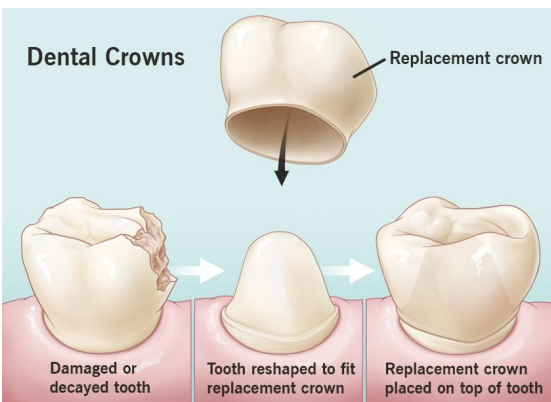
**YOU DON'T HAVE TO QUIT ALONE. FREE COUNSELING AND RESOURCES TO QUIT SMOKING, VAPING OR CHEWING TOBACCO.**

**DIAL 2-1-1 • 211LA.ORG**

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CONNECTING LOS ANGELES COUNTY California







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### Types of Partial Dentures



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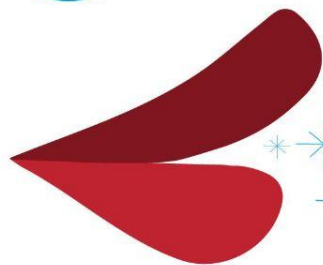


# THE BENEFITS OF TONGUE CLEANING

**1** FRESHENS BREATH  
BY REMOVING BACTERIA

**2** REDUCES COATING  
ON THE TONGUE

**3** IMPROVES SENSE  
OF TASTE



**4** HELPS IMMUNITY



**5** SLOWS PLAQUE  
FORMATION ON TEETH



**6** ACTIVATES  
SALIVA PRODUCTION  
AND HELPS PROMOTE  
"DIGESTIVE FIRE"

