

## INSTRUCTIONS FOR PERIODONTAL CARE

Periodontal diseases are always connected to structures around the tooth. They are caused by bacteria from stains, plaque, or tartar. The first change to the gums is an increase in the frequency of bleeding, which is caused by gingivitis (gum inflammation). The inflammation can be eased if the patient brushes his or her teeth regularly, and thus removes stains and plaque. However, only a dentist can remove dental tartar.

Some of the guidelines to choosing and applying dental care products:

1. Use a soft to medium toothbrush. Brush your teeth after every meal with gentle, circular movements, gently massaging the gums. If your gums are receding, brush your teeth from your gums down to your teeth, like you are pulling the receding gums back to your teeth.

You should replace your toothbrush every 3 months.

1. Toothbrush fibers cannot access the narrow spaces between your teeth, so it is necessary to use dental floss or an interdental toothbrush at least once a day.
2. There are plant-based toothpastes and oils that have an anti-inflammatory effect and help with the symptoms of gum inflammation. Try the PARODONTAX toothpaste and drops, or the COLGATE PRO GUM HEALTH toothpaste.

How to use: brush and massage the gums. If the inflammation is more severe, put a little toothpaste on the sore area, leave for 2-3 minutes, and rinse.

3. Gum inflammation can be eased by rinsing the area with sage, propolis- or hyaluronan-based products (GENGIGEL, in drops or a spray), and mouthwash



(LISTERINE, CORSODYL). The pain can be eased by antiseptic products that also contain anesthetics (ANGALS).

4. If the gums surrounding your teeth have receded and left the necks of your teeth naked, brushing your teeth can be uncomfortable, even painful. We recommend you use a toothpaste for sensitive teeth, such as SENSODYNE or COLGATE SENSITIVE PRO-RELIEF.

Note that these products will only get rid of the symptoms. Your long-term periodontal health depends only on you, on your regular oral hygiene and your dental check-ups.