DO YOU KNOW?

Plaque accumulates on the teeth.

Plaque contains harmful bacteria.

If left, plaque bacteria continues to multiply.

Bacteria in plaque attacks the gums.

Gums become inflamed.

Inflammation can affect the bone supporting the tooth.

TOOTHBRUSHING only cleans 60% of the tooth surface.

The other 40% is cleaned with floss or interdental brushes.

WHAT HAPPENS IN GUM DISEASE?

Plaque contains harmful bacteria.

If left, plaque bacteria continues to multiply.

Bacteria in plaque attacks the gums.

Gums become inflamed.

Inflammation can affect the bone supporting the tooth.

SIGNS OF GUM DISEASE

Swollen and puffy gums

Bleeding on brushing or eating

Loose teeth

Receding /shrinking gums

Bad breath

HOW CAN I PREVENT GUM DISEASE?

Brush thoroughly twice a day for 2 mins

Clean in between teeth daily

Visit your dental professional regularly for gum disease screening

GUM HEALTH CAN BE RESTORED

with good oral hygiene habits and regular visits to your dental professional.