



## PERIO MAINTENANCE: IT'S A GENERAL DENTIST THING

When your dentist performs an oral exam, he/she can determine what course of treatment is best for you. Those with healthy mouths usually receive a routine preventive cleaning. During this exam, however, your dentist may discover that you need a deeper cleaning than anticipated. This is usually because your dentist has noticed signs of gum disease, such as receding gums or severe tartar build-up.

### What happens if your dentist suggests a deeper cleaning? Then what?



Typical procedures may include **periodontal maintenance**, full mouth debridement and/or scaling and root planing (deep cleaning). *You should follow your dentist's recommendation.* Studies show that if periodontal disease goes untreated, it can cause or worsen other serious health conditions, such as heart disease, stroke, and diabetes.

**Talk with your general dentist about the treatment you need and you'll be on your way to maintaining a healthy mouth and body!**

### Know your benefits:



Routine Preventive Cleaning (Prophylaxis), Periodontal Scaling & Root Planing, and Periodontal Maintenance

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