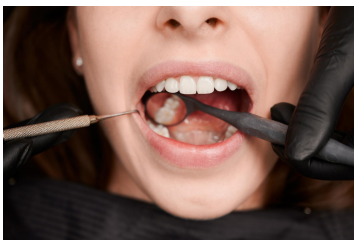
ROSEVILLE SMILES

SERVICE CATALOG

Service Name **Gum Health**

ABOUT GUM HEALTH



Periodontal Maintenance is a specialized dental procedure designed for patients who have undergone treatment for gum disease (periodontitis). Unlike routine cleanings, it focuses on preventing the recurrence or progression of periodontal disease.

PERIODONTAL MAINTENANCE

Periodontal disease is an infection of the gums, which gradually destroys the support of your natural teeth. There are numerous disease entities requiring different treatment approaches. Dental plaque is the primary cause of gum disease in genetically susceptible individuals. Daily brushing and flossing will prevent most periodontal conditions.

Why is oral hygiene so important?

Adults over 35 lose more teeth to gum diseases, (periodontal disease) than from cavities. Three out of four adults are affected at some time in their life. The best way to prevent cavities and periodontal disease is by good tooth brushing and flossing techniques, performed daily.

Periodontal disease and decay are both caused by bacterial plaque. Periodontal diseases can be accelerated by several different factors. However, it is mainly caused by the bacteria found in dental plaque, a sticky colorless film that constantly forms on your teeth. If not carefully removed by daily brushing and flossing, plaque hardens into a rough, porous substance known as calculus (or tartar).

Other important factors affecting the health of your gums include:

- Smoking
- Diabetes
- Stress
- Clenching and grinding teeth
- Medication
- Poor nutrition

For more information about Gum Health (Periodontal) Maintenance or to schedule a consultation with Dr. Sri, call our office at 916-781-3737 or Request an Appointment Online.