

Your first appointment for periodontal assessment

Some tips to get the most from your visit

Before your visit

Please take time to clean your teeth thoroughly before you arrive.

Brushing, flossing, toothpicks—anything you normally like to do at home is fine: if you have time, please do this right before your trip to our office.

We want to see you at your best!



Your First Visit

We'll make a measurement at 6 points around each of your teeth and record:

- recession
- bleeding and
- any signs of infection/inflammation.



Periodontal probe

We'll check that your teeth are firm and record any changes that might reveal gum disease.

When we finish, we'll discuss the results of your periodontal assessment with you. We also use this information every time we see you, to compare your gum health.

If you are susceptible to periodontal disease, we might repeat the measurements in a few years.

For this first visit, please bring your **own** toothbrush (manual or electric), the floss or dental tape you like, and anything you use to clean in between teeth (Piksters, TeePees, woodsticks etc.) as well as favourite rinses and toothpaste.

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Frequently Asked Questions

Q: *My gums don't bleed; why do I need a periodontal assessment?*

A: Many people have don't know that they have problems with soft tissues—gums—until they have late-stage disease. This assessment provides an accurate picture of your soft-tissue health. We also use it to provide a care plan of individualised treatment for you, so you get the best outcome and ensure future gum health.

Q: *Does the procedure hurt?*

A: The measuring procedure shouldn't hurt. The instruments we use are designed to measure gently. If the reason you have come to see us is sore gums, we might take the measurments differently; we'll discuss how we might do this with you during your appointment. Also, please tell us immediately if you have discomfort, we need to know!

Q: *My gums never hurt—how could there be an infection?*

A: Gum infections don't hurt: very often the people we treat haven't had any warning that their soft tissues are inflamed or infected. For some people the first time they know they have a problem is when they lose a tooth. By then, treatment may be too late.

Q: *How long will this take and what will you do?*

A: The procedures takes between 15 and 30 minutes.

We may use a special dye to show plaque biofilm and nests of bacteria. We'll assess how well you remove any bacterial deposits and we'll show you how to remove the bacteria, with your toothbrush and dental tape (and some other ways to clean between teeth).

The measurments of your teeth and gum health will be reviewed and we'll go over your home care routine so you're doing the best job possible.

Checklist

Pre-appointment home clean.

TIP: Set a timer on your phone for a 2-minute clean.

Bring your usual teeth cleaning kit:

- Toothbrush and toothpaste
 - Dental tape, floss, Pixters/wood-sticks or other aids
 - Dental rinses
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YOUR APPOINTMENT IS WITH:

Ms Atefeh Dadashi _____

Ms Banen Maliki _____