



MARIANNE MORELLI, D.M.D.

BROOKFIELD FAMILY DENTISTRY, LLC

## **Home care for Periodontitis Patients**

Bacteria is the cause of periodontitis {and cavities} in our mouths. Therefore, our home care efforts are aimed at reducing the bacteria on the soft and hard tissues of the oral cavity where it is harbored.

This is accomplished in two ways, mechanically {using tools} and chemically {using medicaments, rinses, pastes}. In order for the chemical debridement to be successful, we need to remove the plaque biofilm mechanically from our teeth so that the medicaments can get to the gum tissue.

### **Mechanical debridement:**

Floss the contact points of your teeth. This prevents cavities from forming at the contact points where your teeth touch each other. These are known as “flossing cavities”, or more accurately as “not flossing cavities!”

Use the interproximal brushes to gently brush the parts of the teeth in between each other. These brushes can be dipped in Closys toothpaste, Closys mouthwash, or Sensodyne toothpaste. This will help to clean the sides of the teeth while applying antimicrobial and desensitizing products.

You may use your toothbrush or electric toothbrush to brush the sides of the teeth that can be seen. This is where your toothbrush is most effective. It cannot go in between your teeth, it does a great job with the cheek sides, the tongue sides, and the tops of all of your teeth.

### **Chemical debridement:**

The above steps will dislodge plaque bacteria from your teeth. You can now rinse with the Closys mouth rinse and swish it around. This will kill bacteria on the insides of the cheeks, the tongue, under the tongue, and the surfaces of the gums.

When there are periodontal pockets present, use your water irrigator and place in the reservoir your choice of diluted bleach {2 tablespoons per cup of water} or baking soda {2 tablespoons per cup of water}. You want a constant, gentle stream to go in the areas where the hygienist has directed that you have pockets, or around your implants.

If you are a “cavities patient” or “sensitivity patient” as well as having periodontitis, now is the time to apply your Prevident or Prevident sensitive toothpaste. You brush it on the teeth and it is to be left on all the surfaces of the teeth for 2 minutes. Then, you gather all your saliva and the toothpaste together and spit it out into the sink. You may wipe your mouth, but do not eat, drink, or rinse for 30 minutes after using the Prevident. This is a fluoride treatment.

