



# Gum Disease Guide



## YOUR GUM HEALTH MATTERS

A simple guide to understanding, preventing, and treating gum disease. Healthy gums protect your smile, your comfort, and your overall health. This brochure explains what gum disease is, why it happens, and how we help you keep your teeth for life.

### OUR COMMITMENT TO YOU

At Otara Dental, we focus on prevention, early detection, and personalized care. Our goal is to help you:

- Reduce inflammation
- Protect your bone
- Maintain long-term stability
- Keep your teeth for life

If you ever have questions about your gum health, we're here to help.

## WHY GUM HEALTH IS SO IMPORTANT

Your gums protect the bone that holds your teeth in place. When gums become inflamed, it's usually your body reacting to bacteria. Some people react strongly, others barely react at all — this is called susceptibility.

Gum disease is not caused by poor brushing alone. It's caused by your body's inflammatory response to bacteria

### Two Stages of Gum Disease

#### Gingivitis

- Bleeding
- Puffiness
- No bone loss
- Fully reversible

#### Periodontitis

- Bone loss
- Recession
- Loose teeth
- Requires ongoing management

## WHY SOME PEOPLE ARE MORE AT RISK

Certain conditions make gums more sensitive and more likely to break down:

- Diabetes
- Smoking or vaping
- Family history
- Certain ethnic backgrounds
- Previous gum problems
- Stress, sleep issues, airway problems
- Hormonal changes (pregnancy, menopause)

This is about susceptibility, not blame. Even people who brush well can be high-risk.

### How We Evaluate Your Gum Health

We look for four key signs:

- Bleeding
- Recession
- Past tooth loss
- Loose or shifting teeth

These help us understand your personal risk and create a plan tailored to you.

## HOW WE TREAT GUM DISEASE

### Your personalized plan may include:

- Comfortable air polishing cleaning to gently remove biofilm
- Scaling of roots and enamel surfaces to remove hardened deposits
- Targeted antimicrobial irrigation to reduce harmful bacteria
- Short-course antibiotics if deeper infection is present
- Home rinses that support healthy bacteria
- At-home Waterpik use to flush bacteria between teeth and below the gumline
- Personalized brushing and flossing tools
- Regular maintenance visits to keep things stable
- Our goal is to reduce inflammation, protect your bone, and help your body heal

### What You Can Do at Home

- Use a soft, tapered toothbrush
- Clean between your teeth daily with floss or the tool we recommend
- Use a Waterpik to flush out bacteria in hard-to-reach areas
- Use your recommended rinse as directed
- Keep regular maintenance visits
- Tell us if you notice bleeding, recession, or sensitivity

**Small daily habits make a big difference in keeping your gums healthy and preventing bone loss.**

