



Before the periodontitis treatment

Dear patient,

We are planning to perform a periodontitis treatment for you in the next days. In the past few weeks, you worked a lot with our dental hygienist, put your oral hygiene habits to the test and probably more or less changed them and learned a lot about this disease that was new to you.

Chronic adult periodontal disease cannot be healed at the present time. However, with our help you can manage to prevent acute ailments and to avoid the new colonisation of the tooth and root surface with dangerous germs.

- Never save the newly introduced cleaning ritual in the evening.
- Over night the bacteria have the possibility to proliferate undisturbed and to colonise the gaps between tooth and gum.
- Strive to provide you with a stress management that is appropriate to you, always keeping in mind that peak stress levels and chronic stress are associated with a stronger germination of the gingival pockets.
- Maintain a healthy diet, as there are many relationships between diet and periodontal disease.
- Do you perhaps manage to steer clear of cigarettes or restrict smoking? - There is a clear link between nicotine intake and the frequency and severity of "periodontosis".
- Enjoy alcohol consciously: regular alcohol consumption has a negative effect on your gum and the connection between the tooth and jawbone.
- Please always inform us about possible general conditions, such as diabetes mellitus, since these often have quite decisive influence on your condition in the mouth.
- Do not omit anything that can strengthen your immune system.
- Comply with the intervals for professional tooth cleaning as suggested by the dental hygienist.

If you have further questions, please contact us subsequent to your treatment.

With best wishes for healthy teeth,

Yours Dres. Fischer, Thiebes, Peinemann & team