

# A GUIDE TO GOOD GUM CARE



# TYPES OF GUM DISEASE

# BPE CODES

## HEALTHY GUMS



### BPE CODE 0 HEALTHY GUMS

No bleeding on probing or pocketing

## GINGIVITIS



### BPE CODE 1 GINGIVITIS

Bleeding but no pocketing over 3.5 mm



### BPE CODE 2

As for Code 1 but with plaque retentive factors (calculus, restoration overhangs etc)

## PERIODONTITIS



### BPE CODE 3 MILD PERIODONTITIS

Pocketing between 3.5 mm and 5.5 mm



### BPE CODE 4 ADVANCED PERIODONTITIS

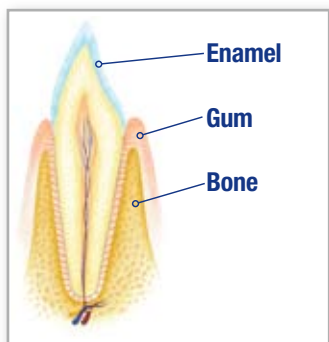
Pocketing over 5.5 mm



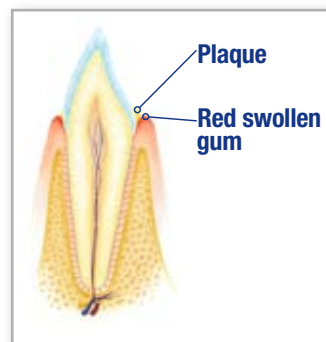
### BPE CODE \*

Pocketing plus recession of 7 mm or more, or molar furcation involvement

# STAGES OF GUM DISEASE

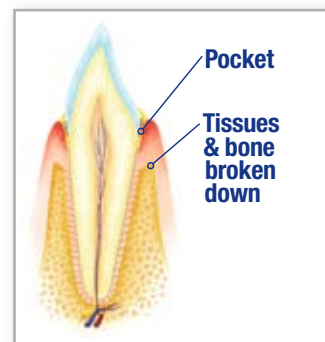


### HEALTHY GUMS



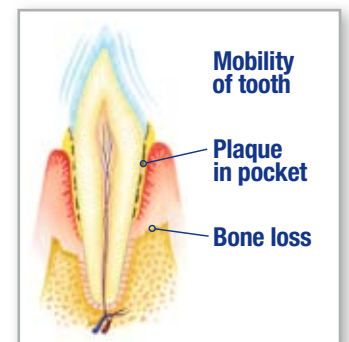
### GINGIVITIS

Gum inflammation



### EARLY ONSET PERIODONTITIS

Inflammation with minimal bone degradation



### ADVANCED PERIODONTITIS

Can lead to tooth loss

## BRUSHING GUIDE

1



Use a methodical toothbrushing approach, concentrating on one tooth at a time.

2



Make sure that you brush the outside, inside and biting surfaces of the teeth.

3



Try to begin brushing in a different place every day to ensure that you do not neglect a particular area.

4



Toothbrushing should last for at least 2 minutes and a suitable fluoride toothpaste should be used.

## THE 6-STEP GUIDE TO KEEPING YOUR GUMS HEALTHY



**Brush teeth twice a day for 2 minutes.** Use a toothpaste that is formulated to keep gums healthy and contains fluoride to protect against tooth decay



**Use a fluoride mouthwash twice daily** to maintain healthy gums and protect against tooth decay



**Use a toothbrush with a small head and soft end rounded bristles**



**Quit smoking!** Adult smokers are 3 times more likely than non smokers to have periodontitis



**Use either floss or interdental brushes** to clean the space between teeth where plaque bacteria can hide



**Visit your dentist and hygienist regularly**