



What must I do if I have gum disease?

- Take responsibility yourself for your gum problem
- Follow the advice offered by your dentist or dental hygienist
- Learn as much as you can about your condition



Healthy gums



Early gum disease
gingivitis



Advanced gum disease
periodontitis

- Brush 2 X daily for at least 2 minutes
- Clean between your teeth with dental tape *at least once a day*
- Eat healthily: less sugary foods, lots of fruit and vegetables
- Visit your dentist or dental hygienist at the intervals recommended
- If you smoke **STOP SMOKING**
- Follow medical advice regarding your general health