

## What Is Gingivitis?

Gingivitis is the earliest stage of gum disease. It develops when plaque, a naturally occurring sticky film filled with bacteria, builds up on your teeth and irritates the surrounding gum tissue.

When plaque sits along the gum line, it produces toxins that inflame the gums.



### This can lead to:

- Red or puffy gums
- Bleeding when brushing or flossing
- Tenderness or sensitivity
- Bad breath
- Early weakening of tooth enamel

## What Is Periodontal Disease?

Periodontal disease refers to **infections of the tissues that support your teeth**, including:

- The gums
- The periodontal ligament
- The bone surrounding the teeth (alveolar bone)

### What Causes Periodontal Disease?

Periodontal disease begins with **bacteria in dental plaque**, a sticky film that forms on teeth within hours after brushing.

While plaque contains the bacteria, it is actually **your body's immune response** to this infection that causes most of the tissue damage.

When your immune system tries to fight the bacteria, it releases substances that cause:

- **Inflammation of the gums**
- **Breakdown of the periodontal ligament**
- **Loss of supporting bone**

## Why It Matters

Untreated periodontal disease is the leading cause of adult tooth loss and has been linked to systemic health issues, including heart disease, diabetes, respiratory conditions, Alzheimer's disease, and preterm births.

Early diagnosis and treatment are key to protecting both your smile and your overall health.





## Periodontal Maintenance

After completing periodontal therapy, your dentist and hygienist will recommend a schedule of **periodontal maintenance visits, typically occurring every 3-4 months**, to help protect your gums and prevent the return of disease.

Periodontal disease is a **chronic condition**, and harmful bacteria can repopulate quickly beneath the gumline. Regular maintenance visits help:

- Prevent recurrence of active infection
- Maintain the results of your periodontal therapy
- Reduce the risk of tooth loss
- Support overall oral health and systemic wellness

## Perio Protect® Trays

### A Modern Approach to Gum Disease Treatment

Perio Protect is an innovative, non-invasive treatment that uses **custom-made trays** to deliver bacteria-fighting medication **deep below the gumline**—areas that brushing and flossing simply cannot reach.

These trays have a **patented sealing system** that gently places and holds the medication exactly where it is needed most: at the site of infection within the periodontal pockets. This process helps reduce harmful bacteria, whiten teeth, freshen breath, and reduce gum inflammation.

Studies show that **Perio Protect** can reduce the most damaging periodontal pathogens by up to

# 90%



## ARESTIN® (Minocycline HCl) Microspheres

ARESTIN is a locally administered antibiotic treatment used to target the bacteria that cause gum inflammation and periodontal disease. It is placed directly into infected gum pockets after a deep cleaning (scaling and root planing) or at a follow-up visit.

Once applied, ARESTIN releases medication over time to help reduce bacteria, support healing, and improve periodontal outcomes.