

## Your first appointment for periodontal assessment

*Some tips to get the most from your visit*

### Before your visit

Please take time to clean your teeth thoroughly before you arrive.

Brushing, flossing, toothpicks—anything you normally like to do at home is fine: please do it right before your trip to our office.

**We want to see you at your best!**



### Your First Visit

We use a 6-point measurement for every tooth and record:

- recession,
- bleeding and
- signs of infection/inflammation.



Periodontal probe

We'll check that your teeth are firm and record any changes that might reveal gum disease.

When we finish, we'll discuss the results of your periodontal assessment with you. We also use this information every time we see you, to compare your gum health.

If you are susceptible to periodontal disease, we might repeat the measurements in a few years.

For this first visit, please bring your **own** toothbrush (manual or electric), the floss or dental tape you like, and anything you use to clean in between teeth (Piksters, TeePees, woodsticks etc.) as well as favourite rinses and toothpaste.

# Your first appointment for periodontal assessment

## Frequently Asked Questions

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### **Q: My gums don't bleed; why do I need a periodontal assessment?**

**A:** Many people have absolutely no indication that they have problems with soft tissues—gums—until it's too late. The assessment gives us an accurate picture of your health. We also use it to provide individualised treatment, which guides a successful outcome and improved prognosis for our patients.

### **Q: Does the procedure hurt?**

**A:** We train hard to make sure we don't hurt you when we take the measurements. BUT if we're hurting you, we need to know—please tell us immediately. The instruments we use are designed to measure gently. If the reason you have come to see us is sore gums, we might take the measurements differently; we'll discuss how we might do this with you during your appointment.

### **Q: My gums never hurt—how could there be an infection?**

**A:** Very frequently the people we treat have had no warning that their soft tissues are inflamed or infected. For some people the first time they know they have a problem is when they lose a tooth. By then, treatment may be too late.

### **Q: How long will this take and what will you do?**

**A:** The procedures take 30 minutes.

We'll dye any plaque to show biofilm and nests of bacteria. We'll assess how well you remove any bacterial deposits. We'll show you how to remove the bacteria, with your toothbrush and dental tape (and show other ways to clean between teeth). The measurements of your teeth and gum health will be reviewed and we'll go over your home care routine so you're doing the best job possible.

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## Checklist

### ☐ Pre-appointment home clean.

**TIP:** Set a timer on your phone for a 2-minute clean.

### ☐ Bring your usual teeth cleaning kit:

- Toothbrush and toothpaste
- Dental tape, floss, Picters/wood-sticks or other aids
- Dental rinses

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## YOUR APPOINTMENT IS WITH:

☐ Dr Miree H.R. Cho \_\_\_\_\_

☐ Ms Sacha Prater \_\_\_\_\_