

## Your periodontal assessment and treatment



Slow progression

### Stage I – Mild periodontitis

- ≤4 mm pockets
- Mostly horizontal bone loss

#### Treatment + recommendations

- Periodontal debridement (SRP)
- Comprehensive at-home oral care regimen
- Possible medicaments



Moderate progression

### Stage II – Moderate periodontitis

- ≤5 mm pockets
- Mostly horizontal bone loss

#### Treatment + recommendations

- See stage I
- Possible medicaments (fluoride, antimicrobial or chlorhexadine gluconate rinse)
- Referral to periodontist if necessary



Rapid progression

### Stage III – Severe periodontitis

- Severe bone loss on x-ray
- Root exposure
- ≥6 mm pockets
- Tooth loss ≤4 teeth

#### Treatment

- See stages I & II
- Surgical and possibly regenerative treatment
- Increased complexity of implant/restorative treatment



Rapid progression

### Stage IV – Very severe periodontitis

- Severe bone loss on x-ray
- Root exposure
- Tooth mobility
- Drifting/malocclusion
- Tooth loss ≥5 teeth

#### Treatment

- See stages I, II & III
- Advanced surgical treatment and/or regenerative therapy
- Very complex implant and/or restorative treatments

This does not constitute medical or dental advice and is intended for guidance only.

Talk with your dental professional about how these products from Philips can complement a healthy oral care regimen.



#### Philips Sonicare DiamondClean Smart

Use the brush in Gum Health mode with the Sonicare app to focus on periodontitis management



#### Philips Sonicare Premium Gum Care brush head

Reduce pocket depth up to 26x more than with a manual toothbrush with extra-soft edge bristles that target plaque at the gumline



#### Philips Sonicare BreathRx

Clinical strength rinse helps neutralize bacteria that cause gum disease



### Your personalized treatment plan

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**sonicare**

Periodontal health



At-a-glance:  
**Managing  
periodontitis**

# Periodontitis explained

Periodontitis is a severe infection of the gums that can lead to tooth loss and other serious conditions. It is caused by plaque—bacteria that forms on teeth. Plaque that is left for too long can cause your gums to pull away from the teeth.



## Symptoms of periodontitis

Symptoms of periodontitis can depend on the severity of the infection, but include:

- Red, swollen and tender gums
- Bleeding when you brush or floss
- Pain when chewing
- Loose teeth or tooth loss
- Persistent bad breath



## Proven partner for periodontitis

In a six-month clinical study, Philips Sonicare was shown to offer significant benefits to patients managing periodontitis<sup>1</sup> at home post nonsurgical periodontal therapy.<sup>2</sup>



- 4 weeks  
Philips Sonicare reduces pocket depth
- 4 months  
Up to 15x more Sonicare patients convert to “healthy” gingival status vs. manual toothbrush users<sup>3</sup>
- 20 weeks  
Gum bleeding is reduced up to 106x better than a manual toothbrush
- 6 months  
Up to 90x more patients had reduced pocket depth using Sonicare vs. a manual toothbrush<sup>4</sup>

1 Stage I/II perio patients when used in combination with treatment and management by a dental professional  
2 Using a Philips Sonicare DiamondClean Smart power toothbrush with a Premium Gum Care brush head  
3 Per American Academy of Periodontology and the European Federation of Periodontology  
4 In patients with periodontitis after 6 months post SRP

## Small steps with a big impact

Your dental professional will determine the best way to treat periodontitis, but there are also steps you can take at home.



### Brush

Brush your teeth twice a day for two minutes. The right tool and technique make all the difference.



### Interdental cleaning

The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly for healthy gums.



### Rinse

Use a therapeutic mouthwash to help reduce bacteria that cause gum disease.



### Replace

Replace your brush head every three months for optimal results. Choose one designed specifically for gum health.



### Checkups

Visit the dental office regularly to monitor and address your periodontitis.