

The role of the Dental Hygienist:

Initial phase: Proper patient education of importance of home-care including daily flossing, brushing for two minutes twice daily, and regular dental examinations and cleanings. Also educating the patient of the many benefits of probiotics in oral health.

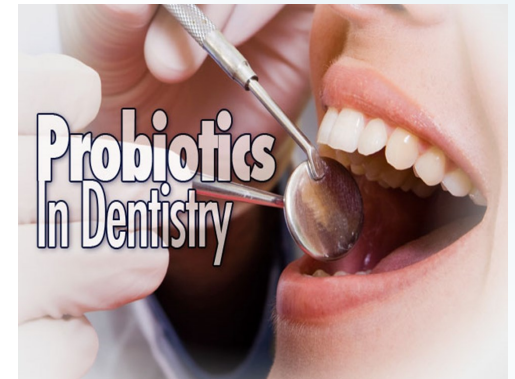
Second Phase: Mechanical removal of plaque, scaling and root planning can be complimented with oral probiotics to help increase the good bacteria in the mouth, and reduce the colonization of the pathogenic bacteria.

Third Phase: Re-evaluate the previously scaled portion and compare to un-scaled portion to see effects of the probiotic. Lastly, proceed with scaling the rest of the mouth.

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Probiotics in Periodontal Health



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What are Probiotics?

Probiotics are living “good” bacteria, which have positive effects in fighting off “bad” bacteria. Probiotics are added to dairy products especially yogurt to aid in the health of the gastrointestinal tract. Recent studies have shown the beneficial effects of probiotics in the oral cavity on gum disease.

What is the Periodontium?

The structures that support the teeth, cushion the shock of chewing, and keep the teeth firmly attached to the bone. These structures are the gums, ligaments that attach the tooth to the gums, cementum (calcified root covering), and the supporting bone.

What is periodontal disease?

Periodontal disease is a disease of all of the supporting structures of the teeth. Periodontal disease is classified into two types: gingivitis and periodontitis. Gingivitis is characterized by inflammation limited to the gums; periodontitis is progressive, destructive disease that affects all supporting tissues of the teeth, including alveolar bone.

Signs and symptoms:

- Bleeding, puffy, and swollen gums
- Gums that pull away from teeth (recede),
- making your teeth look longer than normal
- New spaces developing between teeth
- Pus between teeth and gums
- Bad breath
- Bad taste in mouth
- Loose teeth



Healthy Gums



Diseased Gums

Benefits of Probiotics in Oral Health

- Probiotics interact directly with the disease causing bacteria making it difficult to cause disease by increasing the colonization of the beneficial bacteria.
- Probiotics come in various forms such as chewing gum, lozenges, tablets, and liquids.
- Probiotics are naturally occurring and the key in restoring the balance and strengthening the natural defense mechanisms of the mouth.
- Probiotics help reduce plaque and fight bad breath.
- Best results occur when the probiotic lozenges are combined with proper home care, and traditional scaling and root planning.
- Consumption of specific probiotic strains has proven to reduce the number of a pathogenic bacteria in saliva which causes cavities.