

There is usually no need to use conventional polish after an appointment using GBT. You will be asked to refrain from eating and drinking stain inducing substances for 1 hour following your appointment.



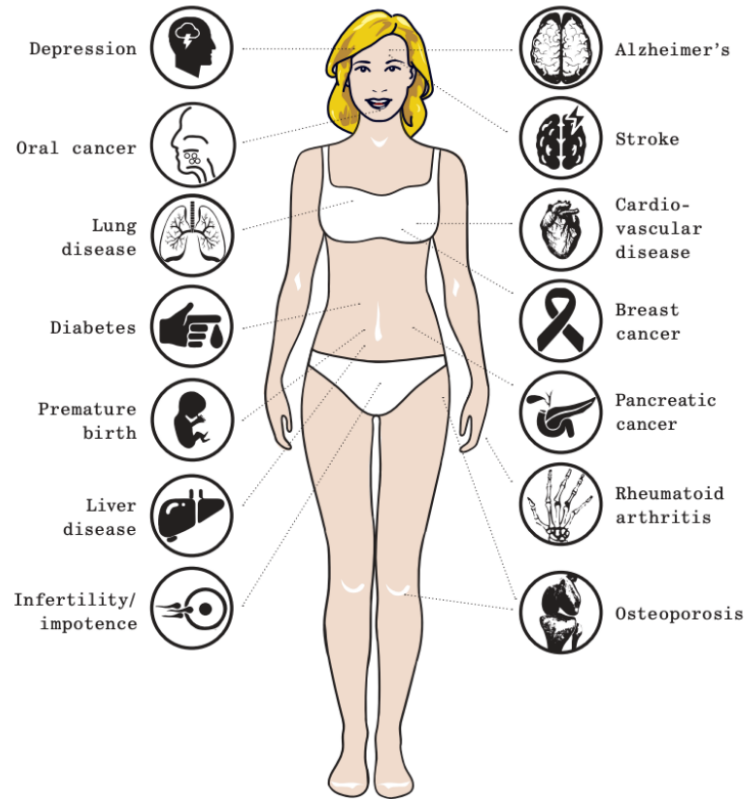
These Include:

- Coffee
- Tea (including fruit & Herbal)
- Food colourants
- Spices with a strong colour
- Chlorhexidine (in Corsodyl)



If you are considering Guided Biofilm Therapy, you must inform your clinician if you have any allergies/sensitivities to chlorhexidine, blue dye, erythritol or if you have any lung conditions such as, uncontrolled asthma or COPD.

To book an appointment or for more information, please speak to our reception team or your dentist/hygienist.



**EMS**<sup>+</sup>

## Wessex House Dental Practice



**WESSEX HOUSE**  
DENTAL PRACTICE

Guided Biofilm Therapy  
Clean Teeth | Healthy Body



Westbury  
Sherborne  
Dorset  
DT9 3EH

www.wessex.house  
01935 817 950

reception@weesexhousedental.com

Professional teeth cleaning is necessary to maintain healthy teeth and deliver a beautiful smile. It removes harmful plaque, known as biofilm, from the teeth and gums. It is the only way to prevent periodontitis which is gum disease, and tooth decay. Both of these are identified as common diseases by the WHO.

Biofilm triggers decay, bad breath, tooth or implant loss, gum infections, bleeding and receding gums.

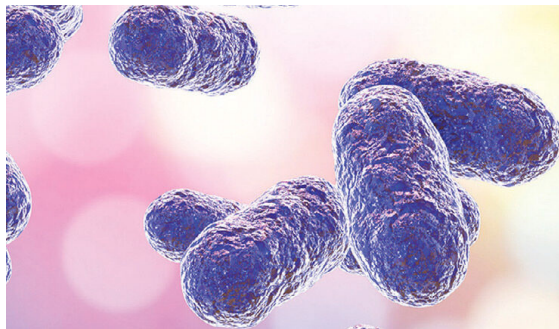


Using Airlflow, Perioflow and Piezon technologies, Guided Biofilm Therapy is the systematic, predictable solution for biofilm management, proven by scientific evidence. Guided Biofilm Therapy consists of treatment protocols based on individual diagnosis and risk assessment in order to achieve the best results. The treatment is given in the least invasive way, with a high level of comfort and efficiency.

## Porphyromonas Gingivals

This bacteria thrives in biofilm. It spreads throughout the body via the gums and is responsible for various health conditions, including Alzheimer's, diabetes, Parkinson's, pancreatic cancer and many other diseases.

By removing biofilm, many of these diseases can be prevented.



Biofilm is barely visible. An important step of Guided Biofilm Therapy is making it visible on both the teeth and gums; this is called disclosing.

Biofilm can only be removed completely when it has been made visible. A blue dye is used to colour the biofilm guides the clinician in removing it and preserving the natural tissues.

Guided Biofilm Therapy is best used as part of a maintenance plan. It may be necessary to treat gum disease conventionally before starting a maintenance phase of care.

Plus Powder uses Erythritol which has bacteria inhibiting properties. Scientific research has indicated this effect can last several weeks beyond the treatment. This means that the efforts of a patient's home care can be better supported by us.

**"WE CAN BE SURE ONLY WHEN BIOFILM HAS BEEN COMPLETELY REMOVED"\***



Brush your teeth 2-3 times a day to keep biofilm under control.

You can also visualise biofilm at home by using disclosing tablets. This can help you see where you can improve your cleaning.