allowing the pocket to heal. However, it is up to you to make sure that the treatment is a success and prevent the disease from progressing.

Follow the instructions and advice given by your dental care professional following treatment with Chlo-Site, paying particular attention to your brushing and interdental cleaning.

Visit your dentist and hygienist regularly to have your gum health monitored.

You decide how successful your treatment will be – remember, the earlier you treat your periodontitis, the better.

**DOES CHLO-SITE CAUSE ANY SIDE EFFECTS?**

Some people report mild pain, slight swelling and discomfort around the treated teeth for a couple of days. This is usually a combined result of the mechanical cleaning and the retention of the Chlo-Site in the pocket.

Allergic reactions are possible in people sensitive to one or more of the components present in the product, but are rare.

**WHAT ELSE CAN I DO TO PREVENT PERIODONTITIS FROM REOCCURRING?**

The best protection against periodontitis is good oral hygiene.

Brushing and cleaning your teeth and the spaces in between the teeth means you will reduce the amount of bacteria that normally forms on your teeth.

Visit your dentist and dental hygienist regularly for checkups and regular removal of hard to reach plaque and calculus (tartar).
WHAT IS PERIODONTAL DISEASE?

Periodontal disease (periodontitis) affects the gums and the supporting structures of the teeth, occurring in otherwise healthy individuals, causing little or no pain.

The earliest stages of periodontitis usually cause the gums to swell, turn red and bleed easily. Sometimes this swelling and bleeding can only be seen easily by a dentist or hygienist. If left untreated periodontitis can progress to a more serious stage.

HOW DO I KNOW IF I HAVE PERIODONTAL DISEASE?

It is not always easy to recognise the presence of periodontitis but here are some warning signs:

- The gums are tender and bleed easily when you brush your teeth
- The gum line has receded making the teeth look longer
- The teeth have moved slightly and there are spaces between the teeth
- One or more teeth feels loose
- Persistent bad breath

HOW COMMON IS PERIODONTITIS?

It is estimated that at least 10% of the western population suffers from advanced periodontitis. For women hormonal changes such as menstruation, pregnancy and menopause can affect the tissues in your body, including your gums. Eating habits, smoking, a weak defence system or hereditary factors can make you more susceptible to periodontitis. But don’t worry, it can be treated effectively.

HOW IS THE DISEASE DETECTED?

Your dentist or hygienist will inspect the colour and firmness of your gums and test the teeth for looseness. A technique called periodontal probing can be used to check if a pocket has formed around the tooth. A small measuring instrument is inserted between the gum and tooth to measure the depth of the pocket. As the disease progresses the pockets grow deeper.

A normal, healthy pocket depth is between 0.5mm and 3mm deep. However with good oral hygiene a slightly deeper pocket – up to 4mm does not necessarily cause a problem. Therefore it is important to get your pocket depths probed regularly. Pockets 5-6mm or deeper need treatment.

EARLY AND EFFECTIVE TREATMENT WITH CHLO-SITE

If you have pockets 5-6mm deep, it is essential that you have them treated to prevent further complications. They can be easily treated usually over a couple of visits to your hygienist or dentist. Normally you do not even need anaesthesia. The pockets are cleaned out mechanically, removing harmful bacteria in the dental plaque and then the pocket is filled with Chlo-Site gel – simple!

HOW DOES CHLO-SITE WORK?

Chlo-Site is a major advance in the treatment of periodontal disease. After a thorough clean it is placed into your pockets where the harmful bacteria thrive. Composed of an innovative type of xanthan gel, Chlo-Site is the only gel where the active ingredient can keep the pocket clean for at least fifteen days. Thanks to the sticky properties of the gel, Chlo-Site sticks to the inside of the pocket acting as a sterile barrier that physically stops the bacteria from recolonising –