

# Full Mouth Debridement

## Plaque and tartar buildup

When heavy plaque and tartar deposits have built up on your teeth, we often recommend a procedure called full mouth debridement to remove that buildup.

## The benefits of debridement

Plaque is a sticky, colorless film of food and bacteria that constantly forms on your teeth. If it is not removed every day, plaque hardens into tartar, and over time, plaque and tartar build up on your teeth. A heavy buildup blocks our ability to clearly see and examine your teeth and gums.

It is also important to remove the accumulation of plaque and tartar because they are the main cause of tooth decay and gum disease.



*Plaque and tartar buildup*

Many factors can contribute to a heavy buildup, including—

- ❖ dry mouth, also called xerostomia.
- ❖ tobacco use.
- ❖ certain health conditions.
- ❖ wearing braces.
- ❖ poor homecare.
- ❖ not getting regular professional dental cleanings.



*Removing plaque and tartar*



*Using nitrous oxide*

## The debridement procedure

Depending on the situation, we may begin the procedure by recommending a numbing gel or offering nitrous oxide to make you more comfortable.

Next, we use a variety of instruments to carefully remove the plaque and tartar above and around the gumline.

We may also apply an antimicrobial rinse. Then we finish the procedure by carefully reviewing your homecare routine.

A full mouth debridement is an important initial step in the ongoing evaluation and treatment of your oral health.