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Please read carefully!

ATTENTION, *you have a*

HIGH PERIODONTAL RISK

Recommendations:

Brushing:	3 times a day
When:	30 minutes after every meal, and always after dinner
Interdental brushes and floss:	twice a day, before brushing at lunchtime and in the evening
Technique:	interdental cleaning first, then brushing
Sensitivity or lesions:	toothpaste or mouthwash with 5% potassium nitrate
Maintenance:	every 3 months
X-rays:	a check every 2 years

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Try to:

- Improve your plaque control, so that both your plaque index and your bleeding index are below 20%.
- Choose a balanced lifestyle and keep your sugar intake under control.
- Stop smoking.
- To keep the results, come to your oral health maintenance appointments.



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