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Please read carefully!

CONGRATULATIONS, *you have a*

LOW PERIODONTAL RISK

Recommendations:

Brushing:	twice a day
When:	after breakfast and after dinner
Interdental brushes and floss:	once a day, before brushing in the evening
Technique:	interdental cleaning first, then brushing
Sensitivity or lesions:	toothpaste or mouthwash with 5% potassium nitrate
Maintenance:	once every 6 months
X-rays:	only for specific check-ups

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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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