

## Deep Pocket Irrigation Information (Iodine)

### What are deep pockets?

There is a crevice between the gums and the teeth. We measure that crevice with a special instrument. Healthy numbers are 2-3 mm. A deep pocket is when the pocket is 4 mm or deeper.

### Why are deep pockets bad?

Deeper pockets can be caused by plaque and calculus accumulation. It can cause inflammation of the gums (gingivitis) and bone (periodontitis). Deep pockets can cause bone loss and eventual tooth loss.

### What irrigate deep pockets?

A special syringe is used to place the Iodine Gel in the crevice between the gums and the teeth in the deep pockets. There is no pain or discomfort.

### What is different about iodine?

- Iodine has been shown to reduce pathogens up to 95%
- Iodine helps to disrupt bacterial cell function making it harder for bacteria to cling to teeth
- Iodine inactivates viruses and is effective in reducing function of fungal cells leading to their death
- **Iodine products are more effective than the leading prescription mouth rinse with less side effects**



## Recommendations:

- **Every 3-6 months-** deep pocket irrigation with Iodine Gel at the office
- **WEEKLY-** once or twice a week use Iodine gel in a custom tray
- **DAILY-** clean in between the teeth with floss and/or other tools as recommended, electric toothbrush, rinse with Iodine mouthrinse

