

PERIODONTAL TREATMENT PLEDGE AND ACTION PLAN

Periodontitis (per-e-o-don-TIE-tis), also called gum disease, is a serious gum infection that damages the hard and soft tissue around teeth. Without treatment, periodontitis destroys the bone that supports your teeth. This can cause teeth to loosen or lead to early tooth loss.*

TREATMENT

HUSKY Health now covers limited periodontal treatment for members who have certain health conditions. Your dentist can let you know if you qualify. If you do, your dental provider may perform a deep cleaning of your tooth root surfaces – called scaling and root planing.



First, your dental provider will scale (deep clean) beneath the gumline to remove tartar, plaque and other bacterial toxins from periodontal pockets. Root planing allows your dental provider to smooth the tooth root. In time, with proper post-treatment oral hygiene, you can reduce gum pain and discomfort and possibly avoid tooth loss.

Periodontitis is a lifelong condition and requires regular maintenance after your treatment to prevent a return of the disease and discomfort.

Patients will require ongoing home care maintenance and more frequent visits to the dentist to sustain periodontal health.

This Periodontal Treatment Pledge and Action Plan must be signed in order to obtain treatment.

* <https://www.mayoclinic.org/diseases-conditions/periodontitis/symptoms-causes/syc-20354473>

Our mission is to enable all HUSKY Health members to achieve and maintain good oral health. We work to ensure all members have equitable access to oral health services.

(more oral health info: www.ctdhp.org)

see other side



YOUR ACTION PLAN

Actions I Will Do Every Day:

- Action Step 1:** Brush my teeth at least twice a day with a soft bristle toothbrush and replace the toothbrush every 3 months.
- Action Step 2:** Floss my teeth at least once a day or as instructed by my dental provider.
- Action Step 3:** Rinse my mouth after each meal or snack or as instructed by my dental provider.
- Action Step 4:** Limit foods and drinks high in sugar like soda, candy, or gum.
- Action Step 5:** Avoid all forms of tobacco (smoking or chewing) - do not smoke tobacco or cannabis. If you need help quitting, you should seek assistance. One good resource is: The Connecticut Quit Line: 800-QUIT NOW **(800) 784-8669**.
- Action Step 6:** Visit my dental provider every 3-12 months or as instructed by my provider for further maintenance and to check on how I am doing with my oral hygiene home care.



YOUR PLEDGE

You can do this! Your oral health plays a large role in your overall health. In addition to avoiding mouth pain and discomfort or tooth loss, take these steps that will get you closer to having a healthier mouth.*

By signing this periodontal treatment pledge and action plan, you are committing to taking these actions.

----- Patient Name	----- Date
----- Signature	----- Date



www.ctdhp.org

** Periodontal procedures have limitations. When non-surgical treatment does not achieve optimal periodontal health, your periodontist may recommend gum surgery. Also, note that additional periodontal treatment options may be recommended, but will not be covered by HUSKY Health or Covered CT.*

If you have any additional questions, ask your provider, your Oral Health Navigator or call: 855-CT-DENTAL (855-283-3682).
Hearing impaired members, please dial 711 for Relay Connecticut assistance.