

# Healthy Gums

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### How to get a perfect smile

The attractiveness and personality of a person depends to a large degree on the appearance of their mouth.

Perfect healthy teeth are a symbol of being fit, being successful and quality of life.

People with a charming smile, perfect shiny, white teeth and healthy gums seem attractive and full of happiness and vitality!

*Modern methods of cosmetic dentistry make it easier to achieve a perfect smile.*

*We will continue by explaining what we can achieve using the new methods, where the limits are and everything one has to keep in mind.*

### The foundation – healthy gums.

Treating the gums in time, depends on the depth of the cavity and uses an intense cleaning of the teeth, preventing decay step by step.

With a professional prophylactic programme one can prevent gingivitis ( inflammation of the gums ) in a simple way.



The healthy gum is firm,  
pink with a gently  
undulating appearance.

An unhealthy gum is however  
dark red, bleeds easily and  
from time to time hurts in an  
unpleasant way.

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