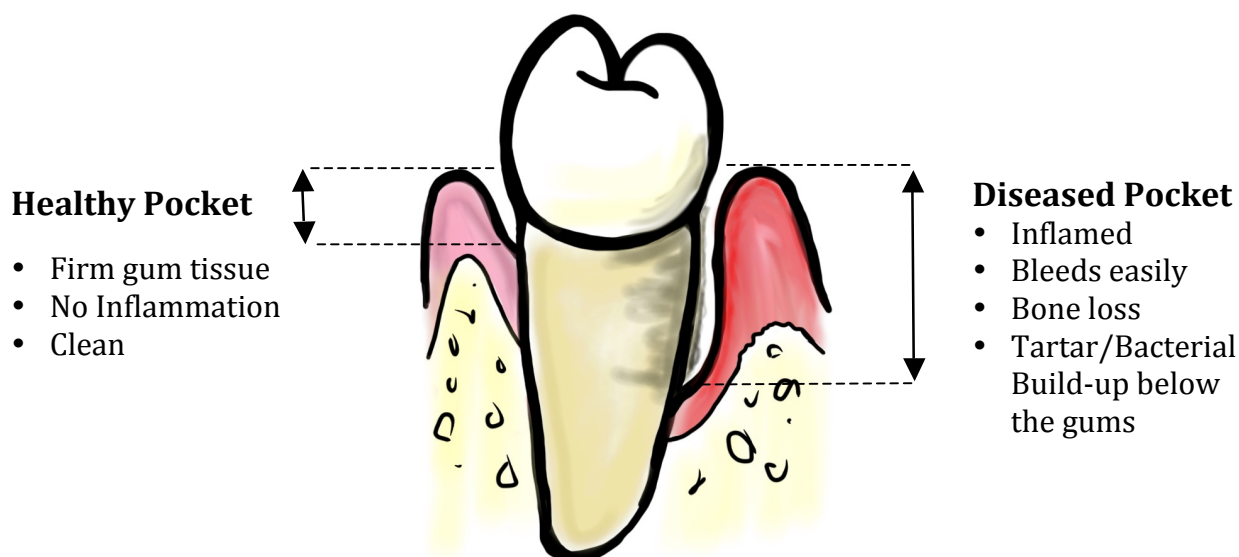


# What Is a Periodontal Pocket & Why Should I Care?

## What Is a Periodontal Pocket?

- A periodontal pocket is the “pocket” or space between the gum tissue and the tooth.
- The pocket is measured from the height of the gum down to the base of the space, where the gum attaches to the tooth.
- A healthy pocket is considered to be 3mm or less in depth and free of inflammation, bleeding, and bacterial build-up.



## Why Should I Care?

Pocket depths greater than 3mm are unable to be adequately cleaned by toothbrushes, floss, or mouth rinses. In other words, a deep pocket is inevitably a dirty pocket and, therefore, a breeding ground for harmful bacteria to flourish.

This results in many harmful effects including:

- Chronic inflammation of the gums
- Tooth root cavities
- Sensitivity
- Bone loss
- Tooth mobility
- Systemic adverse effects (heart, blood, diabetes, etc.)

*Periodontal disease can often be the “silent killer” in oral health, as it is rarely associated with any painful symptoms. Do not leave periodontal issues unaddressed. The periodontal pocket is a critical component of overall oral and systemic health.*