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MICROSCOPIC DENTAL PLAQUE ANALYSIS

As part of our biological approach to dental treatment, we analyze the plaque that forms around the teeth and gum line to evaluate your oral wellness. We will look for bacteria and infection, and if an infection is present the analysis will help us understand what is causing the infection.

We have found bacteria (germs), fungi (moulds) and parasites (protozoa) in the plaque of people with gum disease. All which cause varying degrees of infection and symptoms. When we eliminate these from the patient's mouth, we observe that the gums heal, without need for surgery in 99% of cases.

These bacteria, fungi, and parasites are all around us just like the common cold virus. When our immune system is "under the weather" they can take hold and start periodontal disease with symptoms such as bleeding swelling, pockets and recession. If periodontal disease is not treated, the teeth eventually loosen and fall out.

The microscopic analysis consists of collecting a small amount of saliva and a scraping of plaque from around some teeth. We put this under a microscope and evaluate the findings. If you are on medication, have brushed and/or flossed within the last 24 hours or had citrus, salty or spicy foods, we may get a false negative, since the bacteria may have been temporarily eliminated from the areas accessible to us. Therefore, be sure to follow the pre-plaque collection instructions below.

Pre-Plaque Collection Instructions

In order to help determine whether there is an infection in your mouth, please read and follow these instructions.

- 1.) Do not brush for 24 hours before the day of the test.
- 2.) Do not floss or use water irrigation devices or rubber tips, perio aid or stimudent for 48 hours.
- 3.) Do not rinse with anything except water during those 24 hours.
- 4.) Do not drink alcohol for 24 hours.
- 5.) No Vitamin C for 24 hours prior to test.
- 6.) Do not take any drugs, such as aspirin, anti-histamines unless prescribed by an M.D. for 24 hours. If you must take these, let our office know.
- 7.) Do not eat excessively spicy or salty food or citric foods the day of the test.

The Microscopic Dental Plaque Analysis is **\$25.00** and it may or may not be covered by insurance.