

## Helpful links

### Brushing your teeth / Cepillarse los dientes

<http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/b/brushing-your-teeth>

### How to floss / Usar Hilo Dental

<http://www.mouthhealthy.org/en/az-topics/f/flossing>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/f/flossing>

### Gum disease information / Enfermedades de las encías

<https://www.perio.org/consumer/gum-disease.htm>

<http://www.mouthhealthy.org/en/az-topics/g/gum-disease>

Spanish <https://medlineplus.gov/spanish/ency/article/001059.htm>

Spanish [https://www.cda.org/Portals/0/pdfs/fact\\_sheets/gum\\_disease\\_spanish.pdf](https://www.cda.org/Portals/0/pdfs/fact_sheets/gum_disease_spanish.pdf)

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/g/gum-disease>

### Peri-implant disease

<https://www.perio.org/consumer/peri-implant-disease>

### Plaque / Placa

<http://www.mouthhealthy.org/en/az-topics/p/plaque>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/p/plaque>

### Tartar (Calculus)

<https://www.dentalcare.com/en-us/patient-education/patient-materials/what-is-tartar>

## Periodontal Treatments and Procedures

### Non-surgical periodontal treatment

<https://www.perio.org/consumer/non-surgical-periodontal-treatment>

<http://www.mouthhealthy.org/en/az-topics/s/scaling-and-root-planing>

### Gum graft surgery

<https://www.perio.org/consumer/gum-graft-surgery>

### Regenerative procedures

<https://www.perio.org/consumer/gum-disease-regenerative-procedure>

**Dental crown lengthening procedure**

<https://www.perio.org/consumer/dental-crown-lengthening.htm>

**Dental Implants / Implantes**

<https://www.perio.org/consumer/dental-implants>

<http://www.mouthhealthy.org/en/az-topics/i/implants>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/i/implants>

**Periodontal pocket reduction procedures**

<https://www.perio.org/consumer/pocket-reduction-procedures.htm>

**Nitrous oxide / Óxido nitroso**

<http://www.mouthhealthy.org/en/az-topics/n/nitrous-oxide>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/n/nitrous-oxide>

**Diabetes and your smile / Diabetes**

<http://www.mouthhealthy.org/en/az-topics/d/diabetes>

<https://www.dentalcare.com/en-us/patient-education/patient-materials/how-does-diabetes-affect-oral-health>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/d/diabetes>

**Heart disease and oral health / Enfermedad del Corazón y la Salud Oral**

<http://www.mouthhealthy.org/en/az-topics/h/heart-disease-and-oral-health>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/h/heart-disease-and-oral-health>

**Dry mouth / Sequedad de Boca**

<http://www.mouthhealthy.org/en/az-topics/d/dry-mouth>

<https://www.dentalcare.com/en-us/patient-education/patient-materials/dry-mouth>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/d/dry-mouth>

**Sensitivity / Dientes sensibles**

<http://www.mouthhealthy.org/en/az-topics/s/sensitive-teeth>

<https://www.dentalcare.com/en-us/patient-education/patient-materials/what-causes-sensitive-teeth>

Spanish <http://www.mouthhealthy.org/es-MX/az-topics/s/sensitive-teeth>