Braces with gum disease: questions and gum diary

For adults who have had gum disease or gum recession. Your own periodontist and orthodontist set the plan for your mouth.

1 For your dentist or periodontist

- ☐ Are my gums healthy and stable now? What do my pocket measurements and bleeding look like?
- ☐ Has gum treatment reached its goals, or is more needed first?
- ☐ Is any gum thin or pulled back? Do I need a graft or closer monitoring?
- ☐ How often will you check my gums while I have braces?
- ☐ Who do I call if my gums flare up during treatment?

2 For your orthodontist

- ☐ How will you use light, controlled forces to protect my gums?
- ☐ Will you pause tooth movement if my gums become inflamed?
- ☐ Fixed or removable appliances: which suits my gums, and why?
- ☐ What will my retention look like, and who will check it?
- ☐ How should I clean around braces and a bonded retainer?

3 Tell us promptly

- Gums that bleed more than before, or look swollen and red
- Gum pulling away from a tooth so more root shows
- A bad taste, pus or a pimple on the gum (call your dentist or periodontist promptly)
- A tooth that feels looser than it did (call that week)

4 Visit and gum diary

DATE	SEEN BY	GUM FINDINGS	NEXT STEP

As of November 2026, the Canadian Dental Care Plan lists cleaning under the gumline and non-surgical gum disease management as covered for eligible members, and lists orthodontic services as currently not available. Eligibility and coverage change, so confirm at canada.ca/dental. Guideline: European Federation of Periodontology, stage IV periodontitis, 2022.

Oasis Orthodontics 780-457-5566