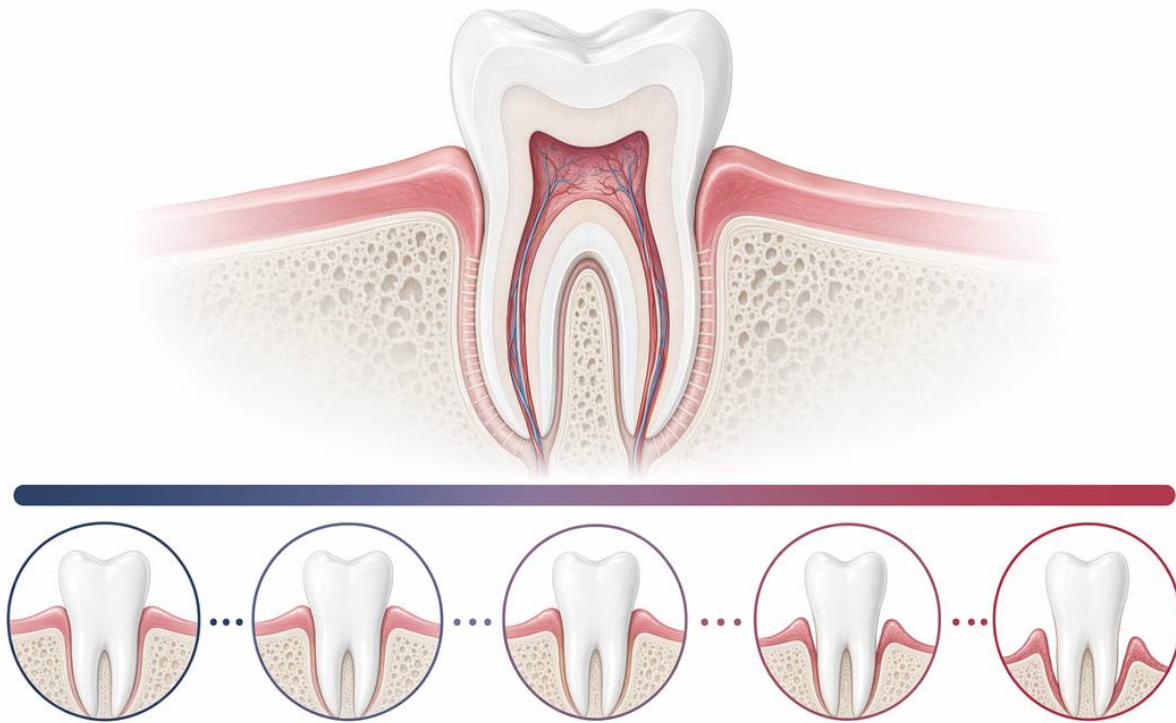


FREE GUIDE FROM ROOTLINE

Gum Health Self-Check Guide

A plain-language way to check your own gums for early warning signs — and know when it's time to see a periodontist. Educational only, not a diagnosis.



Understand your gum health with open eyes — then get matched, free, with a licensed periodontist near you. You compare and choose who to see. This guide is educational, not medical advice.

Why early matters

Gum disease moves through stages, and the early stage (gingivitis) can often be reversed. The sooner it's caught, the simpler and less costly the care usually is. This guide helps you notice changes early — it is not a diagnosis. Only a licensed dentist or periodontist can examine you and tell you what's going on.

Look in the mirror

- Are your gums firm and pink, or red, puffy, and shiny?
- Do your gums bleed when you brush or floss?
- Do your teeth look longer, as if the gums are pulling back?
- Can you see dark spaces opening up between teeth?



Notice how things feel

- Bad breath or a bad taste that doesn't go away
- Tenderness or soreness along the gum line
- Teeth that feel loose or that have shifted
- A change in how your teeth fit together when you bite

Sort what you see

What you notice	Stage it may suggest	A reasonable next step
Firm pink gums, no bleeding	Healthy	Keep up cleanings and checkups
Bleeding, puffy gums	Gingivitis (often reversible)	See a dentist soon
Gums pulling away, pockets	Early–moderate	Ask about a periodontist
Loose teeth, deep recession	Advanced	See a periodontist promptly

PERIODONTAL TREATMENT COST RANGES

Costs vary based on the severity of gum disease, treatment complexity, and your location. Insurance may help offset fees.

Invest in Your Oral Health
Healthy gums support a healthy smile—for life.



TREATMENT	DESCRIPTION	TYPICAL COST RANGE*	
		PER TOOTH	FULL MOUTH
 SCALING & ROOT PLANING (Deep Cleaning)	Removes plaque and tartar from below the gumline and smooths root surfaces to help gums heal.	\$150 - \$350	\$600 - \$2,000
 PERIODONTAL MAINTENANCE (Per Visit)	Specialized cleanings and monitoring to maintain gum health and prevent further disease.	\$100 - \$200	\$300 - \$800
 PERIODONTAL FLAP SURGERY	Lifts gum tissue to remove deep tartar and bacteria. Helps reduce pockets and promote healing.	\$800 - \$1,500	\$2,400 - \$4,500
 BONE GRAFTING (Per Site)	Restores bone lost to periodontal disease and supports gum and tooth stability.	\$300 - \$800	\$900 - \$2,400
 SOFT TISSUE GRAFT (Per Site)	Replaces receded gum tissue to protect roots and improve gum appearance.	\$600 - \$1,200	\$1,800 - \$3,600
 DENTAL IMPLANT (Including Placement)	Replaces missing teeth with an implant, abutment, and crown for a natural look and function.	\$3,000 - \$6,000	—

* Cost ranges are estimates and can vary. Consult with your dental professional for a personalized treatment plan and accurate pricing.

Prevention is Powerful
Regular care today can help you avoid more complex treatments tomorrow.

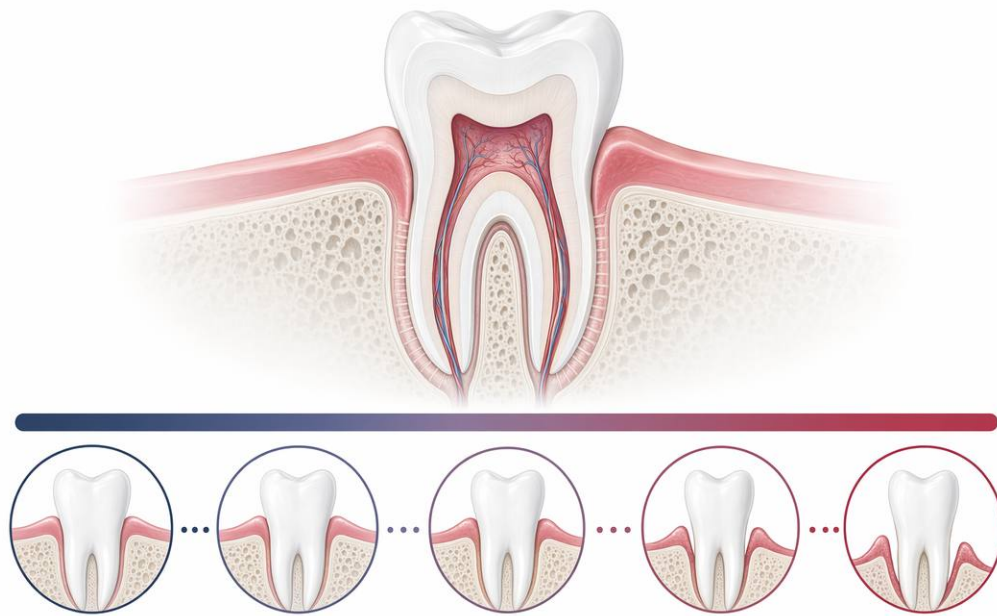
When to seek care sooner

- Gums that bleed easily or often
- Teeth that feel loose or are moving
- Severe pain, facial swelling, or a fever — seek urgent care right away

Your next step

- 1 Write down what you noticed and when it started.
- 2 Book an exam with a licensed dentist or periodontist for a real diagnosis.
- 3 Bring this checklist and your notes to the visit.
- 4 Ask what stage you're at and what your options are.





Important

RootLine is a free matching service, not a dental or medical provider, and does not diagnose, treat, or give medical or dental advice. This guide is general and educational only, not a diagnosis, and not a substitute for an in-person exam by a licensed dentist or periodontist. We do not collect medical or dental histories. Cost figures are typical ranges and estimates, not quotes, and there is no guarantee of any treatment, result, or outcome — your real care and price depend on your diagnosis, the provider, and your area. If you have severe pain, facial swelling, fever, or trouble breathing or swallowing, seek urgent dental or medical care right away. Always see a licensed dentist or periodontist for diagnosis and treatment, verify the license yourself, and confirm the plan and price in writing before any procedure.