

Laser Assisted Cleaning – Laser Bacterial Reduction (LBR)

At **Jade Kim, DDS**, our team is committed to providing the highest level of dental care for you, your family, and your friends. We stay current with the latest science, research, and technology. We have added a new procedure to your cleaning appointment to help fight periodontal (gum) disease and support your overall health.

Understanding Gum Disease

- Nearly 50% of adults 30 years and older, have gum disease. This increases to 70% by 65 years old
- It is a progressive bacterial infection in the gum tissue and pockets surrounding the teeth.
- Research has linked gum disease bacteria to:
 - Cardiovascular disease (stroke, heart attack) • Diabetes • Pulmonary disease • Osteoporosis • Obesity • Alzheimer's
 - Certain cancers • Hypertension • Pregnancy complications (low birth weight, premature delivery, stillbirth)

How Laser Bacterial Reduction Works

Diode lasers are used safely and comfortably to decontaminate the gum tissue and pockets before cleaning. The concentrated light energy kills harmful bacteria in just minutes. This painless procedure is called Laser Bacterial Reduction (LBR). LBR essentially kills the pathogenic bacteria that live deep inside the tissue that the instruments can't reach.

Benefits of LBR

- **Reduce or eliminate bacteremia** – Cleaning, brushing, or flossing may allow bacteria into the bloodstream. LBR reduces this risk.
- **Prevent cross contamination** – Infection in one area of your mouth can spread to others. LBR minimizes this.
- **Kill periodontal disease bacteria** – Stops infection before it further damages gums and bone support around your teeth.
- **Lowers inflammation and bleeding** – promotes healing and healthier gums
- **Stimulates collagen production** – tightens the tissue around the tooth, making it more difficult for the bacteria to attack deep under the gums

Treatment Details

- **Painless and quick** – about 5 minutes for your entire mouth.
- **Fee: \$40 for Laser Bacterial Reduction** – during your normal maintenance cleaning appointment
- **\$60 for Laser Debridement (more extensive, deeper form of LBR)** - done in conjunction with the need for a deep cleaning and anesthesia for deep pockets and moderate to severe bone loss.
- **Dental insurance does not currently cover LBR.** Unfortunately, insurance coverage is almost always behind the leading edge in new technology in health care but we still encourage you to add LBR to your future cleanings!

Other Laser Services Offered:

- Treatment of active cold sores, canker sores, desensitization of recession and TMJ/TMD pain

If you have any questions or concerns please don't hesitate to reach out to us!