

ADVICE TO PATIENTS

PERIODONTAL (GUM) DISEASES, INCLUDING GINGIVITIS AND PERIODONTITIS.

Periodontal (gum) diseases, including gingivitis and periodontitis, are infections that, left untreated, can lead to tooth loss. Periodontal disease is a chronic infection, caused by bacteria, that affects the gums and bone supporting the teeth. Periodontal disease can affect one or many teeth. It begins when the bacteria in plaque (the sticky, colorless film that constantly forms on your teeth) causes the gums to become inflamed.

Gingivitis This is the first form of periodontal disease that affects the surface of the gums. It causes them to become red, swollen and bleed easily. There is usually little or no discomfort at this stage. Everyone who allows plaque to build up around the teeth will develop gingivitis. It is reversible with professional treatment and good oral home care.

Periodontitis With time, plaque can spread and grow below the gum line, along the roots of the teeth. If there is more plaque than your body's immune system can cope with, the infection continues to spread. A space, known as a 'pocket', develops between the gum and the tooth, as the socket bone is gradually eroded away. As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. Often, this destructive process has very few symptoms. However, if untreated, the teeth can become loose and may have to be removed.



What are the risk factors? Risk factors are circumstances that increase your chances of getting the disease; they do not necessarily cause the disease. The following are the main risk factors:

- Genetics
- Stress
- Smoking
- Drugs
- Diabetes
- Pregnancy
- Obesity
- Poor diet
- Poor toothbrushing

Treatment Personal and Professional Cleaning It is essential that you keep your mouth as clean as is necessary, to reduce the amount of plaque to a level that your body can cope with. Treatment options

- 1) no treatment
- 2) perio treatment -NHS band 2
- 3) privately hygienist - private charge

Hygienist- This thorough, professional cleaning will need to be repeated on a regular basis, depending on how well your gums recover from the treatment and how clean you can keep your mouth. The hygienist will reassess and decide on recall. You will be taught how to clean your teeth really well and shown various toothbrushes and other items that you will be expected to use. You will need to continue this better standard of cleaning for as long as you want to control the disease.

No matter what we do for you, unless you are cleaning meticulously and conscientiously on a daily basis at home, our treatment will fail.

