

Periodontal disease is a persistent condition and must be treated at regular intervals for it to be effective and to prevent it from spreading any further. Depending on your situation you may require further periodontal treatment. Your PDS dentist or hygienist will let you know what treatments you require.

For more information on periodontal disease speak to your PDS dentist or hygienist.

You can also find information on the NHS Website-

www.nhs.uk/conditions/gum-disease/

Our Address

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Calls are charged at local rates from a BT landline

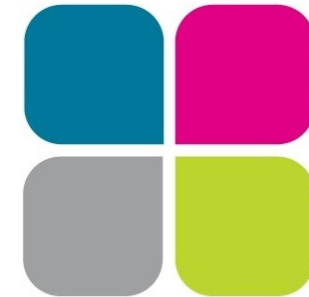
Website: www.frome-pds-health.co.uk

E-mail: frome@pds-health.co.uk



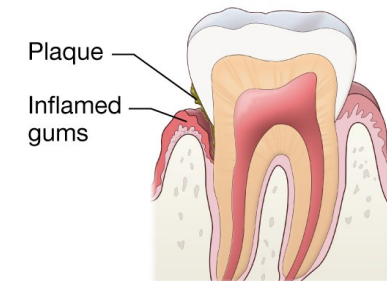
Portway Dental Practice

Periodontitis & Periodontal Treatment



WHAT IS PERIODONTITIS?

Periodontitis is caused by the germs and bacteria contained in plaque adhering to the tooth's surface which, if gone undetected can affect the part of the gum and bone that supports your teeth. Plaque is responsible for two most common oral diseases; tooth decay and gum disease.



HOW CAN PERIODONTAL DISEASE BE PREVENTED?

Cleaning your teeth regularly helps to keep plaque at bay although a routine, thorough clean carried out by your dentist or hygienist is strongly advised. If this routine clean is not regularly carried out, the spread of bacteria may spread to different areas of your mouth. Over time, the gum can begin to separate from the tooth forming a periodontal pocket. This pocket, if it gets too deep may result in serious decay and tooth loss.

To ensure you have healthy teeth and gums brush your teeth twice daily using a fluoride toothpaste and ensure that you visit your dentist or hygienist regularly.

WHAT ARE THE EARLY SIGNS OF PERIODONTAL DISEASE?

Periodontitis is usually painless so in many cases it can often go undetected, although common indicators of the disease can include reddened gums, bleeding gums, bad breath or sensitive teeth.

A classic sign of gingivitis is when gums bleed during brushing, this is often the first indication of periodontal disease that people notice.

HOW DOES PERIODONTITIS START AND CAN IT BE TREATED?

If plaque is allowed to build up on teeth, toxins produced by bacteria inflame the gums. This early stage of periodontal disease is called gingivitis. Gums affected by gingivitis can be treated to restore healthy gums, however gums affected by periodontitis can be much harder to treat.

In the early stages of gingivitis your dentist or hygienist will remove all tartar and plaque professionally and show you how to improve the way you clean your teeth.

After this treatment, thorough tooth brushing twice a day together with regular interdental cleaning will help to ensure that your gums will stay healthy.

HOW CAN PDS HELP YOU?

Generally speaking people are more susceptible to periodontal disease over the age of 35, although the disease can affect people who smoke and those who have a weak immune system, diabetes or heart disease.

Periodontitis is often not viable with the naked eye. Your PDS dentist will examine your gums, if they detect periodontitis they will recommend a periodontal disease treatment. You should ensure that you understand the steps you need to take in order to prevent the spread of periodontitis to other areas of your mouth.

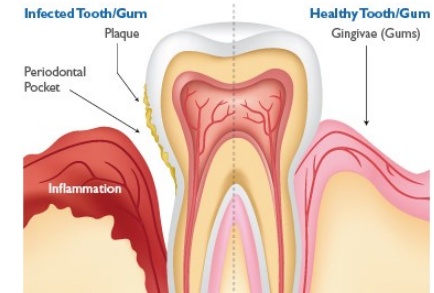
When present, periodontal disease is usually more severe towards the back of the mouth between the teeth; these are areas that are difficult to keep clean and free of plaque.

PDS provides a solution that is an easy to use, well tolerated and highly effective non-antibiotic adjunct treatment used to reduce the pocket depth in patients with adult periodontitis, giving the patient the chance to avoid surgery.

WHAT YOU NEED TO KNOW ABOUT YOUR PERIODONTAL TREATMENT

- Within the first 48 hours after the first application, you may experience a slight feeling of pressure around the treated area, this is to be expected and is no cause for concern.
- You can brush your teeth as you would normally do, however we ask that you do not use dental floss for the first 7 days after treatment.
- You can eat as normal.
- Please do not hesitate to speak to your PDS dentist or hygienist if you have any questions about the risks and side effects of your treatment.

- It is suitable for long term use.
- There is no bacterial resistance.



RISKS ASSOCIATED WITH PERIODONTITIS

Diabetic risk

Those who suffer from either type I or type II are three times more likely to suffer from periodontitis. Please tell your PDS dentist if you have diabetes.

Heart attack risk

The same bacterial strains have been detected in the blood samples taken from both periodontal patients and heart attack patients. Although it is uncertain whether the disease plays any part in causing heart attacks (the importance of the link is not yet fully understood), it is still important that you look after your gums and follow the advice given by your PDS dentist or hygienist.

Premature birth risk

The NHS provides free dental checks to woman who are pregnant. One reason for this is that unborn babies are at an increased risk of premature birth if the mother is suffering from periodontal disease. If you are pregnant, please ensure that you ask your PDS dentist or hygienist for further advice.