

How long will treatment take?

Treatment times depend on the nature and severity of the disease and can vary from a few days to many months.

We will discuss the number of appointments we think you may need and the likely duration of the treatment at the consultation appointment.

Will the treatment have to be repeated?

The amount of treatment required depends on the severity of the disease and the number of teeth affected. Often one course of therapy followed by regular 'maintenance' visits is sufficient to restore and maintain health. If further treatment is required this will be discussed with you.

What are 'maintenance' visits?

Following active therapy, periodontal maintenance visits are essential to monitor the tissues and review your home care.

This will involve periodic visits with the hygienist and the periodontist.

If you have any further queries please do not hesitate to contact the practice.

Just remember

Without proper treatment the fibres holding the gums tightly around the tooth can break down resulting in the formation of a 'pocket'.

In many cases this is followed by loss of the bone supporting the tooth and, ultimately, the tooth itself.

Welcome to our world of modern dentistry, a world where you matter most, whether you are visiting us for health, hygiene or cosmetic treatment.

We take a refreshing view on the role of a dentist. To us, the single most important part of the work we do is the wellbeing of our patients – before, during and after the technical process of dentistry.

We'll make sure you feel reassured before work starts – that you know what we are going to do, why we are doing it and what the result will be.

Then we'll make sure that you are as comfortable as possible during treatment – we use low-invasive techniques and the very latest equipment in a clinic that's peaceful and relaxing.

And finally, we give you a smile to be proud of: having a smile you like is one of the most important factors in your confidence level. And the more confident you are, the happier you are!



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the
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PERIODONTAL DISEASE

Patient Information



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What is Periodontal Disease?

Periodontal disease encompasses a number of diseases that affect the gums and supporting structures of the teeth.

There are different types of gum disease including gingivitis and other types affecting mainly children, young adults and older individuals. However, the extent of the disease and the number of affected teeth varies, as does the extent of disease on individual teeth.

Factors such as smoking and diabetes can also affect the severity of the disease on an individual basis. Different types of gum disease include:

Gingivitis

Gingivitis is the early stage of periodontal disease where the gums become red, swollen and bleed easily. There is often little discomfort at this stage.

Periodontitis

If untreated, the disease can eventually cause irreversible damage to the gums and bone that support the teeth leading to periodontitis. Periodontitis is a more advanced stage of gum disease where the bone and supporting structures of the teeth are destroyed. As the disease progresses, teeth can become infected, loose and may eventually fall out or need extraction by the dentist.

What causes periodontal disease?

The main cause is a sticky film of bacteria called dental plaque. Plaque constantly forms on your teeth and

contains bacteria. The toxins produced by the bacteria irritate the gums leading to swelling and breakdown of the tissues and the formation of a 'pocket'. If the plaque remains undisturbed, the pocket can deepen and the bone supporting the teeth may be permanently destroyed.

Calculus (tartar) is mineralised/calcified plaque and may also form along the teeth and is often apparent behind the lower front teeth. Although calculus causes little direct damage it does provide a rough surface for plaque to adhere to. It should be removed by your dentist or hygienist as it makes thorough plaque removal difficult.

Whom does periodontal disease affect?

Most of us are affected by periodontal disease at one time or another and it may affect people who appear otherwise fit and healthy.

It often begins without any obvious symptoms and many people are unaware they have a problem during the earlier stages. It can progress with alternative periods of activity and inactivity. The more advanced types usually become apparent in early middle age, although some severe forms can affect younger people.

Susceptible individuals who also smoke tend to have more advanced disease and are less responsive to treatment.

Is periodontal disease inherited?

Some people can inherit a tendency towards periodontal disease, but this susceptibility does not always affect all members of the family. In most cases, early diagnosis, appropriate treatment and regular reviews are more important than the influence of heredity.

Why treat periodontal disease?

Treatment is necessary to preserve the natural teeth in comfort and function. Without treatment the fibres holding the gums tightly around the tooth can break down resulting in the

formation of a 'pocket'. In many cases this is followed by loss of the bone supporting the tooth and, ultimately, the tooth itself. Treatment can be considered for other reasons including bad breath or 'puffy' swollen gums.

In the majority of cases, removal of plaque from the junction of the gums and teeth can halt or slow down the disease process. However, if plaque is allowed to return to previous levels the disease process can resume. Like other disease processes, early diagnosis and treatment often lead to more successful results.

Can loose teeth be tightened?

Successful treatment in combination with good home care can result in some teeth becoming firmer after treatment.

What can I do?

(a) Preventing gum disease

Careful cleaning of the teeth on a daily basis, as instructed by your dentist or hygienist, can help to prevent gum disease or prevent it advancing to a more destructive stage. The various cleaning aids that we recommend and their use will be discussed during treatment.

(b) Patient education

Learning about the causes of periodontal disease, how to prevent it and how to treat it are the first steps. This leaflet can help but for more information talk to your dentist or hygienist. You play a major role in preventing periodontal disease and its complications. Effective daily tooth cleaning makes the difference between control and active disease.

What is the cost of treatment?

The cost of treatment can vary depending on the extent of the disease, the number of teeth affected and the tissues response to treatment. Depending on these factors, the exact cost can vary from person to person.

However, an estimate of the cost based on an individual assessment will be included with the treatment plan which will be discussed with you at the consultation and prior to any treatment.

