

## Advice for Prevention

- Brush teeth twice daily with either a compact manual brush or a powered toothbrush
- Use a toothpaste containing Fluoride eg: Colgate Total
- DO NOT SMOKE
- Clean interdentally with interdental brushes or Floss
- Follow a healthy diet.



CASTLE DENTAL CARE  
We'll take care of you

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[www.castledentalcare.org.uk](http://www.castledentalcare.org.uk)



## Opening Hours

Monday	9.00 am -5.30 pm
Tuesday	9.00 am - 5.30pm
Wednesday	8.30 am - 5.00pm
Thursday	8.30 am - 5.00pm
Friday	8.30 am - 4.30 pm

Wheelchair access available

BDA Good Practice  
Member

Leaflet Reviewed and Revised 18/05/2017

# Periodontal Treatment on the NHS



## Our Mission Statement:

*“Our aim is to deliver  
the highest standard of  
care in a  
comfortable and  
friendly  
environment”.*

## At Castle Dental Care we take the condition of your gums very seriously.

Periodontal disease (Gum disease) is a condition which affects a large percentage of the population and without treatment can lead to the loss of your teeth.

( See Gum Disease Explained leaflet)

Periodontal treatment is available at this practice on the NHS and may be prescribed by your dentist.

During your dental examination your dentist will perform a **Basic Periodontal Examination (BPE)**. They do this by gently probing around your gums to determine a score.

The BPE is a simple and rapid screening tool that is used by the dentist to indicate the level of examination needed and to provide basic guidance on treatment need. It is scored 0 - 4

If your gums receive a score of 3 or 4 this indicates that you need periodontal treatment as opposed to a simple scale and polish.

Periodontal treatment is a **Band 2 NHS Charge** and is currently **£59.10**.

(If you are exempt from NHS charges you will not need to pay this)

Please see NHS Choices website if you need further information about NHS dental charges

[www.nhs.uk](http://www.nhs.uk)

## What Is Periodontal Treatment?

Periodontal treatment requires ongoing treatment as it is a condition which is rarely cured, but if it treated early can be managed to prevent further destruction to your gum and bone levels.

If your dentist identifies you have periodontal disease he will prescribe a course of treatment either with themselves .

This will consist of two parts:

**Perio 1:** The dentist or hygienist will give your gums a thorough examination and will take detailed measurements of your pockets. (Detailed Pocket Chart)

As Periodontal disease is primarily a disease caused by inflammation, Intensive oral hygiene instruction will be given to reduce this Inflammation caused by plaque accumulation. Smoking cessation advice will be given if this is applicable to you. Sometimes a simple scaling may done during this visit.

**Perio 2:** The dentist or hygienist will thoroughly “Deep clean” your teeth, sometimes this is referred to as “root surface debridement”. If your oral hygiene has been meticulous the inflammation will be reduced so local anaesthetic will not be required. If however, you have very sensitive teeth we can use topical anaesthetic gels or full local anaesthetic if required.

A follow up appointment will be required in three months. If there are still signs of periodontal disease it may require a repeat of Perio 1 and Perio 2 appointments or just Perio 2 (Band 2 charge applies).

This will continue until the disease is stable. It is your responsibility to ensure that your oral hygiene is meticulous otherwise treatment will not be successful.

## What is root surface debridement?

This is a procedure where we deep clean your teeth and root surfaces below the gum line. We only do this where you have pockets greater than 4mm. We use an Ultra-sonic or Piezon scaler (you may have had this used on you during your regular scale and polish appointment) sometimes we use hand instrumentation, but this isn't always necessary.

Sometimes, after treatment your teeth may be sensitive, if this happens we would recommend a sensitive toothpaste such as Colgate Pro relief or Sensodyne. A little gum recession may occur but this doesn't always happen.

If you have questions please feel free to discuss them with your dentist or hygienist.

