

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 or Oral B
- 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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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 08/02/19

Gum Disease Explained



Our Mission Statement:

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

Gum Disease explained

Gum disease is the name given for **Gingivitis** and **Periodontitis**, this used to be called Pyorrhoea. It is a disease which attacks both the gums and the surrounding bone structure which hold the teeth in place.

Gingivitis is the first stage of the disease and is reversible if oral hygiene is improved. It is the first stage of the disease when only the gums are affected.

Plaque is the main cause of the disease. Plaque is a layer of bacteria which sticks to the surface of the teeth.. The gums become red and swollen and a space develops called a **pocket**. This pocket will fill up with plaque and food debris. The delicate fibres which hold the tooth in the bone are then attacked and the pocket will deepen.

If untreated the teeth will loosen and they may fall out or have to be taken out. The disease is usually slow in progression and this may take years to occur. In fact, it may take many years before you show any symptoms. If left untreated it will become increasingly difficult to treat.

Treatment will initially be undertaken by the Dentist or Hygienist. Profession cleaning will be undertaken, sometimes with local anaesthetic, where we can clean thoroughly under the gums.

Unless you have **perfect** oral hygiene you may show some signs of the disease. It is important for you to remove all plaque from the surfaces of the teeth. This can be done by efficient use of either a manual or electric toothbrush, fluoride tooth paste and interdental cleaning aids such as floss, tape, interdental brushes or Easypicks. The correct use of these will be demonstrated by the Dentist or Hygienist.

What makes gum disease worse?

Smoking makes gum disease worse by reducing the amount of oxygen available to the gums and making the mouth more favourable for plaque to grow. Poor fillings and ill-fitting dentures can make the disease progress faster, as can incorrect biting forces such as, clenching or grinding.

Certain illnesses can make the gums more susceptible as can certain medications. However, the presence of plaque is still necessary for the disease to exist.

There is evidence there is a hereditary factor involved too. Discuss your risk with the Dentist or Hygienist

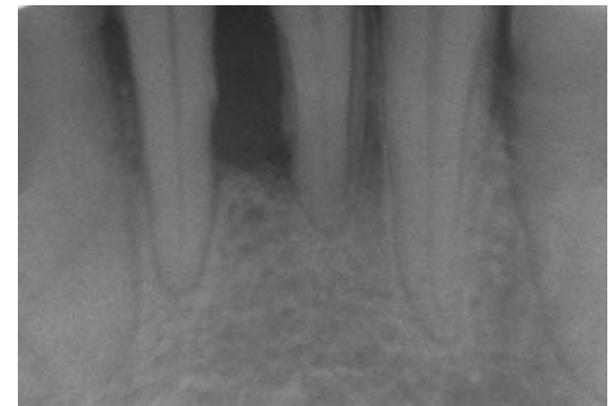
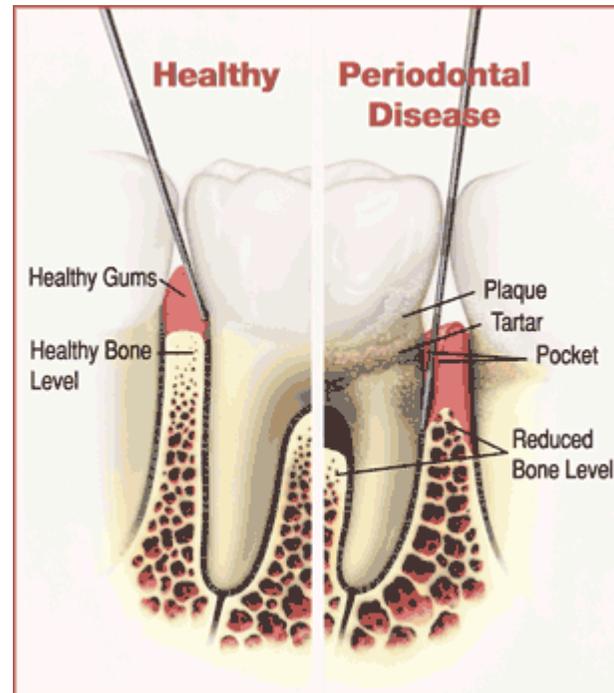
What should I do now?

If your gums appear red or inflamed, or you experience any bleeding when cleaning your teeth, ask your Dentist or Hygienist to examine your gums. The earlier the better as it is much easier to treat in the early stages.

It is not normal for your gums to bleed. They should not bleed on brushing or eating. If it is not treated the condition will become painful with the formation of abscesses and a bad taste and smell. The teeth will become unsightly and because of the lack of bone support will drift causing "gaps" between your teeth.

More teeth are lost through gum disease than for any other reason. Gum disease is a preventable condition and in some cases curable. There is no reason for this to happen to you. **With sufficient effort on your part you can avoid gum disease**

Remember " Healthy Gums do not bleed"



X-ray showing advanced bone loss in gum disease