

WHAT IS GUM DISEASE?

Gum disease describes swelling, soreness or infection of the tissues supporting and surrounding the teeth. The two main forms of gum disease are gingivitis and periodontal disease.



WHAT IS GINGIVITIS?

Gingivitis refers to the bacterial infection of the gums. This is when the gums around the teeth become very red and swollen. Often the swollen gums bleed when they are brushed or flossed during cleaning.

WHAT IS PERIODONTAL DISEASE?

Long-standing and untreated gingivitis can turn into periodontal disease.

There are a number of types of periodontal disease and they all affect the tissues supporting the teeth. As the disease gets worse, the bone anchoring the teeth in the jaw becomes weakened and eventually lost, causing the teeth to become loose.

If left untreated, the teeth may eventually fall out. In fact, more teeth are lost through periodontal disease than through tooth decay.



AM I LIKELY TO SUFFER FROM GUM DISEASE?

Probably. Most people suffer from some form of gum disease, and it is the major cause of tooth loss in adults. However, the disease develops slowly in most people and, with treatment, can be slowed down to a rate that should allow you to keep most of your teeth for life.



WHAT IS THE CAUSE OF GUM DISEASE?

All gum disease is caused by plaque. Plaque is a film of bacteria which forms on the surface of the teeth and gums every day. Many bacteria in plaque are completely harmless, but there are some forms that have been shown to be the main cause of gum disease.

It is essential to remove all of the plaque from your teeth daily to prevent gum disease. This is done by brushing and flossing.

HOW WILL SMOKING AFFECT MY GUMS AND TEETH?

Smoking can also make gum disease worse. Smoking makes you more likely to produce bacterial plaque, leading to gum disease. The gums are affected because smoking causes a lack of oxygen in the bloodstream, so the infected gums fail to heal. Smoking causes you to have more dental plaque and for gum disease to progress more rapidly than in non smokers. Gum disease remains the most common cause of tooth loss in adults.



WHAT HAPPENS IF GUM DISEASE IS NOT TREATED?

Gum disease progresses painlessly on the whole so unfortunately people do not notice the damage it is causing. However, bacteria are sometimes more active and this makes your gums sore. This can lead to gum abscesses, and pus may ooze from around the teeth. Over time the bone supporting the teeth can be lost. If left untreated for a long time, treatment can become more difficult.

HOW DO I KNOW IF I HAVE GUM DISEASE?

The first sign is blood on your toothbrush or in the rinsing water when you clean your teeth. Your gums may also bleed when you are eating, leaving a bad taste in your mouth. It is also common for your breath to become unpleasant.



WHAT DO I DO IF I THINK I HAVE GUM DISEASE?

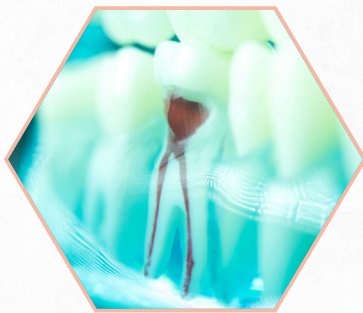
The first thing to do is to visit us at Diamond Dental Care & Implant Centre for a thorough check-up of your teeth and gums. We can measure the pocket of gum around each tooth to see if there are any signs that periodontal disease has started. X-rays may also be needed to see the amount of bone that has been lost. This assessment is essential so that we plan the correct treatment for you.

WHAT TREATMENTS ARE NEEDED?

We will usually give your teeth a thorough clean. You'll also be shown how to remove plaque successfully yourself, cleaning all surfaces of your teeth thoroughly and effectively. This may take a number of visits.



“A healthy outside starts from the the inside.”



WHAT ELSE MAY BE NEEDED?

Once your teeth are clean, we may decide to carry out further cleaning of the roots of your teeth, making sure that the last pockets of bacteria are removed. This is known as root planing. You may need local anaesthetic to numb the treatment area before this procedure commences. After treatment, you may experience some discomfort for up to 48 hours.

ONCE I HAVE HAD PERIODONTAL DISEASE, CAN I GET IT AGAIN?

Once your periodontal disease is under control, you will need to return for regular oral health care and maintenance appointments. You will always be at risk of periodontal disease but it will only recur if you allow it to. As long as you keep up the home care you have been taught, any further loss of bone will be very slow and may stop altogether. However, you must make sure you remove plaque every day, and attend Diamond Dental Care & Implant Centre for regular check ups at least twice a year.



Diamond Dental Care & Implant Centre is dedicated to promoting a high standard of quality in both dentistry and customer care. We have created a relaxed and inviting environment for you to visit and a comfortable and enjoyable workplace for us to work in.

Our priority is to achieve and maintain your dental health. We take great care in helping you understand any treatment in terms of benefit to you as well as time and costs involved.

If there is anything that you wish to discuss with us, please call us on (07) 5477 0889. Alternatively you can send us a question by email from info@diamonddentalcare.com.au at any time.

We look forward to seeing you!

