



Orchard House
DENTAL PRACTICE

Gum Disease.

What is gum disease?

Gum disease describes swelling, soreness or infection of the tissue supporting the teeth. There are two main forms of gum disease: gingivitis and periodontal disease.

What is gingivitis?

Gingivitis means inflammation 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 during cleaning.



What is periodontal disease?

Long – standing gingivitis can turn into periodontal disease. There are a number of types of periodontal disease and they all affect the tissue supporting the teeth. As the disease gets worse the bone anchoring the teeth into the jaw is lost, making the teeth loose. If not treated the teeth will eventually fall out.

Am I likely to suffer from gum disease?

Probably. Most people will suffer from some kind of gum disease in their life. However, gum disease develops slowly and it

is possible for you to reduce the rate at which it develops by simply following the oral hygiene instructions the dentist gives you.

What is the cause of gum disease?

All gum disease is caused by plaque. Plaque is a film of bacteria, which forms around the teeth and gums every day.

Many of the bacteria in plaque are harmless, but there are some that have shown to be the main cause of gum disease. To prevent and treat gum disease, you need to make sure that you remove all the plaque from your teeth every day by brushing and using floss.

How do I know if I have gum disease?

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

What do I do if I think I have gum disease?

The first thing to do is visit the dentist for a thorough check-up of your teeth and gums. The dentist can measure the “cuff” of the gum around each tooth to see if there is any sign that periodontal disease has started. X-rays may also be needed to see the amount of bone that has been lost (if any).

What treatments are needed?

Your dentist will usually give your teeth a thorough clean. You will also be shown how to remove plaque successfully yourself, cleaning all the surfaces of your teeth affectively.

Once I have had periodontal disease can I get it again?

The periodontal diseases are never cured. But as long as you keep up the home care you have been taught, any further loss of bone will be very slow and it may stop altogether. However, you must make sure you remove plaque everyday, and go for regular check – ups by the dentist.