

During your comprehensive oral evaluation the dentist has noticed some signs of gum inflammation in your mouth and has therefore recommended an assessment with our dental hygienist to determine the extent and severity of any gum disease.

Dental Hygienists

Dental Hygienists are university-trained specialists in identifying and treating gum disease. This disease affects about 80% of the adult population and without treatment can lead to unsightly and stained teeth, bleeding gums, bad breath, loose teeth and ultimately tooth loss.

Our practice continually keeps abreast of current knowledge in methods of treating and arresting this disease including listening to international speakers who are experts in their field. In addition we have invested in the latest computer technology to accurately identify problem areas so we can initiate treatment at an early stage when it is proven to be the most effective.

Gingivitis

Early gum disease is called gingivitis. This is an infection of the gum tissues caused by poisons from bacteria. With treatment it is reversible and gums can return to health, however without treatment it can develop into periodontal disease, which could lead to tooth loss. The classic sign of gingivitis is red, swollen gums that bleed easily. However smoking can restrict the blood supply of the gums and mask this early warning sign.

Periodontal (Gum) Disease

Periodontal Disease is a serious chronic bacterial infection that attacks and destroys the gum tissues and the bone that holds your teeth in place. It can lead to bad tastes, bad breath, tooth movement and eventually the loss of the teeth. It is more severe in patients who smoke. There are proven links between gum disease and other illnesses such as heart disease and diabetes. It is one of the most prevalent diseases in the population and at some point most adults can suffer from it to different extents. Some people are more susceptible than others and it has been found to be exacerbated by illness or stress. It can never be cured, but can be controlled to stop its progression.

The Appointment

Time will be reserved for our hygienist to carry out a detailed evaluation of the health of your gums, any areas that are swollen and bleed and if there is any bone loss. The assessment is not uncomfortable and there is no reason for any concern.

The data gathered at this appointment will allow us to know the severity of any gum infection. She will then explain her findings, answering any of your questions and discussing treatment methods, which will depend on the type of disease and how far it has progressed.

She will also assess your level of homecare, checking and modifying your oral hygiene techniques, and advising you of homecare medicaments and techniques best suited for your mouth.

If appropriate some treatment may be provided during the appointment, possibly using a fine vibrating instrument with a water spray to flush out toxins from plaque bacteria and to oxygenate and condition tissues prior to the therapy that follows. This will help to start the healing processes and your mouth will feel much fresher.

Please ask if you have any other questions about this important type of health care.

Gentle Dental Care to help
you Smile with Confidence