



WHY HAVE I BEEN REFERRED

GUM CARE

So you have been told by your dentist that you would benefit from extensive gum care therapy but not sure what this is or why you need it. Here is a small guide to answer those questions.

Why have you been referred

You've likely been referred because your dentist believes you may have gum disease (periodontitis) that requires specialized treatment beyond a routine cleaning. Dentists with special interests in gum care have advanced training in diagnosing and treating conditions affecting the gums and surrounding tissues.

Here are some common reasons for a referral

- **Advanced Gum Disease:**

Periodontitis, which is the advanced stage of gum disease, often requires specialized treatments like gum grafting, bone regeneration, or flap surgery, which periodontists are trained to perform.

- **Deep Gum Pockets:**

If your dentist finds deep pockets between your teeth and gums, indicating gum disease, they may refer you to a periodontist for further evaluation and treatment.

- **Significant Gum Recession:**

If your gums are pulling away from your teeth, exposing more of the tooth root, a periodontist can help address this issue.

- **Dental Implants:**

If you're considering dental implants, periodontists are trained to place them and ensure proper bone integration.

- **Persistent Issues:**

If you've had recurring or persistent gum problems like bleeding or inflammation despite regular dental care, a periodontist can provide a more in-depth evaluation and specialized treatments.

- **Complex Cases:**

If you have certain risk factors, like diabetes or a history of smoking, which can complicate gum disease, your dentist may refer you to a periodontist for specialized management.

- **Bone Loss:**

If X-rays show bone loss around your teeth, a periodontist can diagnose the cause and recommend appropriate treatment.

What is gum disease

Gum disease is where the gums become red, swollen and sore, and bleed. Pockets form at the gum margin where plaque, bugs and bacteria can gather causing irreversible damage to the gums and bone.

Tooth plaque

Plaque is a soft sticky deposit that continually forms on each of the tooth surfaces. It contains many types of bacteria (germs). It affects everybody, regardless of age.

How dangerous is tooth plaque

Brushing teeth daily is the best way to clean away tooth plaque. If plaque is not removed it can lead to more painful and serious dental conditions:

Tooth decay – when plaque mixes with the sugar in the mouth (from food and drink), it creates acid. The acid causes decay or 'holes' in the teeth. Decay can be removed from the tooth, and treated with a filling if it is detected in time by the dentist. However, if left untreated, the decay can progress to the pulp (nerve) in the centre of the tooth, and cause toothache and an abscess. The tooth would then require an extraction (or root canal treatment for adult teeth).

Calculus (tartar) – plaque will harden and calcify to produce calculus if it is given enough time (several days). Calculus is a hard cement-like substance, which cannot be removed with

a toothbrush. The dentist or hygienist will remove this extra layer from the teeth.

Gingivitis – when plaque sits at the gumline, it causes gingivitis. This is an inflammation of the gums, which renders them red and swollen. This can lead to pain. Gingivitis is reversible, and can be treated if the plaque is removed.

Why do I need Periodontal treatment

Periodontal treatment is necessary to address and manage gum disease, also known as periodontitis. This treatment aims to control the bacteria that cause gum disease, which can lead to inflammation, bone loss, and eventually, tooth loss. By deeply cleaning the teeth and gums, periodontal treatment helps to halt the progression of the disease and preserve your teeth and surrounding structures.

What you can do at home

- Brush for a minimum of 2 minutes in the morning and evening with the correct technique for the type of brush you use.
- Interdental cleaning daily
- Visit your dental provider often and follow their treatment plan as advised.
- Use disclosing tablets to help improve your brushing.

Here's a more detailed look at the gum care treatment process

What Happens on the First Appointment?

Diagnostic xrays may be taken to determine the extent of the disease. A full mouth pocket chart will be completed and noted. This is measuring the depths of your pockets, any bleeding and plaque scores. Once the consultation is complete, the finding and treatment plan will be discussed with you. You will also receive the plan in writing/email.

What Are the Treatment Options for Gum Disease?

Depending on the severity of the condition. In some cases, a deep cleaning may be all that is needed to control the infection. More severe cases may require antibiotics, surgery, or a combination of both. In some cases, tooth loss may be inevitable.

What Happens After Treatment?

After treatment, it is essential to maintain good oral hygiene habits and visit your dentist regularly. You may be required to attend routine review appointments to make sure you are on track which will usually consist of more pocket charting to monitor your progress and further cleaning.





Cranfield Dental Care

Helping you look after your teeth and gums, every day.

Contact our Reception team 01462 434323 for general enquiries, or speak to our **Treatment Coordinator (TCO)** 07714117790 for advice and information about your treatment options.

We're here to help you understand what's available and find the right next step for you.