



WHAT TO EXPECT AT YOUR TREATMENT APPOINTMENT INTENSIVE GUM CARE

Taking the worry out of your dental treatment

We understand that coming in for dental treatment can sometimes feel daunting, particularly if you haven't had the procedure before.

At Cranfield Dental Care, we'll explain your treatment beforehand and make sure you know what to expect. Our aim is to keep you comfortable, informed and reassured throughout your appointment.

Intensive Gum Care

Getting your gums healthy and keeping them that way

If you have gum disease, your dentist or hygienist may recommend a course of intensive gum care.

Gum disease develops when plaque and bacteria build up around the teeth and cause inflammation. If it progresses, it can affect the tissues and bone that support your teeth.

The good news is that gum disease can often be successfully managed with the right combination of professional treatment and effective home care.

What does intensive gum care involve?

Your treatment will be tailored to the condition of your gums and your individual needs.

Your dental professional may:

Measure and assess the spaces around your teeth

Check for signs of inflammation and bleeding

Remove plaque and tartar above and below the gum line

Clean areas that are difficult to reach with normal brushing

Provide personalised oral hygiene advice

Recommend specific interdental brushes and demonstrate how to use them

Discuss lifestyle factors that may affect your gum health

Monitor your progress throughout treatment

Treatment may be divided across several appointments, depending on the amount of treatment required.

What will the treatment feel like?

Cleaning around inflamed gums can sometimes feel uncomfortable or sensitive.

Your dental professional will work with you to keep you as comfortable as possible. Local anaesthetic may be recommended for certain areas or treatments where appropriate.

You may notice some tenderness or sensitivity following treatment. This should generally improve as your gums become healthier.

Your role is just as important

Professional treatment is only one part of managing gum disease.

The work you do at home is essential.

Your dental professional will show you how to clean effectively around your teeth and gums and may recommend specific interdental brushes or other cleaning aids.

You may need to make changes to your daily routine, but even small improvements can have a significant impact on your gum health.

What happens after intensive gum care?

Your gums will be reassessed following treatment to see how they have responded.

Depending on your individual needs, you may then be placed on a regular periodontal maintenance programme to help keep your gums healthy and prevent the condition from progressing.

We're Here to Support You

Whether you're having a filling, crown, dental implant, extraction, root canal treatment or intensive gum care, you don't have to worry about knowing what to do or what to expect.

Our team will explain your treatment, answer your questions and provide you with the

If you're nervous about treatment, please let us know. There is no need to feel embarrassed or worried about asking questions. We want you to feel comfortable and confident throughout your care.

Your comfort. Your care. Your health.

Cranfield Dental Care

Professional, personal dental care for you and your family.

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.