

## What is the treatment?

Treatment involves the removal of the bacteria, plaque and the hard scale that forms on the surface of your teeth. This is done both above and below the gum margin to make all the surfaces of your teeth clean and smooth. We will also spend time to develop an at home care regimen that will enable you to keep your gums healthy so that the disease has little chance of causing you to lose any teeth.

In most cases this is enough to halt the attachment loss and manage the problem. However, once you have been diagnosed with Periodontitis you will always remain at risk as any treatment will not change how your immune system responds to this infection.

This means that it is extremely important that if you have had treatment for this problem that you keep to the recommended supportive care schedule. Otherwise the bacteria that cause Periodontitis will slowly re-establish themselves and the benefits from treatment will be lost.

## Will treatment hurt?

Whenever a deep cleaning procedure is to be carried out we will numb the area with an anaesthetic to ensure minimal discomfort. There are a few scratchy noises but generally the treatment is fairly comfortable.

Following treatment the teeth may be sensitive to cold drinks or food but this usually passes. You may also notice the gums *shrinking* and becoming *firmer*. This is quite normal as they become healthier, less swollen, and return to their proper shape.

## How long does it take?

Depending on the severity of the disease usually between one to two 90 min sessions will be required.

Regular dental checks ensure great oral health. It's our desire that your treatment is as gentle and pleasant as possible. If you have any questions about Periodontal Disease please call the studio.



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## Peri Peri What?

### What is Periodontal Disease?




## What is it?

It's the leading cause of tooth loss in adults and involves a deep bacterial infection of the gum that dissolves the bone around the teeth.

Over time, this erodes the grip or hold the gums have on your teeth and without treatment you can literally become *long in the tooth* with your teeth becoming wiggly and falling out.

Periodontitis (or *infection around the teeth*) has also been called Pyorrhoea (pronounced *pie-re-ah*), Periodontal Disease, or Gum Disease.

## How do I know if I have it?

 Periodontitis is often referred to as the *Silent Disease* as there is often no pain or discomfort until the infection is severe. Unfortunately once it reaches this stage it often results in tooth loss and false teeth.


This is why it is vitally important that your dentist regularly examines your gums to find any early signs of the disease and ensure you keep them for life. Prevention is far better than false teeth!

At every examination appointment your dentist will assess any bone loss on your X-rays and measure the amount of gum attachment for each tooth (pockets) as part of your routine dental examination.

There are however a few signs that may indicate that you may have a problem:

- > Gums that have receded, are swollen, bleed easily or are very red.
- > A general malodour, or a bad taste in the mouth (particularly in the mornings).
- > Loose teeth, or drifting of the teeth out of position.
- > Food impaction, rapid calculus (tartar) build-up, sensitivity, or gaps appearing between teeth.


## How did I get it?

 Periodontitis is very common. However, a certain number of people in the community will be more susceptible. The actual cause of Periodontitis is quite complex with current research confirming it to be a bacterial infection linked to how your immune system responds to that infection.

It is also exacerbated with other systemic illnesses (eg. Diabetes) and often there is a genetic or family history of gum problems or early tooth loss. Smoking is also a factor that rapidly accelerates the rate of bone destruction.

One thing that has been confirmed is that, if plaque and calculus is not professionally removed from above and below the gum margin, then there is an increased risk of tooth loss and false teeth.

## Can it be treated?

 The good news is that Periodontitis usually responds very well to treatment.

