

brisbane**smiles**<sup>®</sup>

# GUM HEALTH



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The Health of your gums is extremely important. Healthy gums and surrounding bone support provide stable structures for your teeth. Healthy Gums are maintained by thorough home care and regular professional care.

**At Brisbane Smiles we aim to effectively manage and prevent the progression of GUM DISEASE because it is far easier and more cost effective to prevent disease than it is to treat.**

## What is Gum Disease?

'Plaque' is a bacterial film that forms naturally on your tooth surfaces. It is the soft "furry" stuff that you can brush and floss away.

'Tartar' is calcified plaque and can only be removed professionally during a clean with your dentist or hygienist.

'Gum disease' is the inflammation and infection of the gums caused from plaque and tartar build-up.

'Bone Loss' and 'Pocketing' occurs as a result of Gum Disease where bone dissolves away, forming deep pockets under the gums which become even more difficult to keep clean.

## Signs of Gum Disease

### Early Stages

RED, SWOLLEN, BLEEDING GUMS THAT CAN BE TENDER AS WELL WHEN BRUSHING

### Late Stages

RECESSION, LOOSE TEETH, GAPPY TEETH, SENSITIVITY, HALITOSIS (BAD BREATH)

## Factors that encourage Gum Disease

- Smoking increases the risk of Gum Disease
- Inadequate plaque control including irregular or lack of flossing

## Other Factors that increase the Risk of Gum Disease

- Not having regular cleaning appointments
- Some medical conditions such as Uncontrolled Diabetes
- Gum disease is linked to Cardiovascular Disease

# KEEPING HEALTHY GUMS SHOULD BE YOUR NUMBER ONE MOUTH PRIORITY!

## Treatment – What is involved?

# 1

### Treatment Plan

A Treatment Plan is formed to tackle the causes of your Gum Disease

# 2

### Active Treatment

Active Treatment will then follow as per your Treatment Plan. This will usually involve multiple appointments of deep cleaning at 3-4 monthly intervals. Injections may be required.

# 3

### Follow-up Treatment

Follow-up Treatments will ensure the gums heal and can remain free of disease. The 'pockets' are reviewed in this appointment and that way we can check if the disease has stabilised and no longer progressing, hence pockets not increasing, no bleeding of gums and no more bone loss.

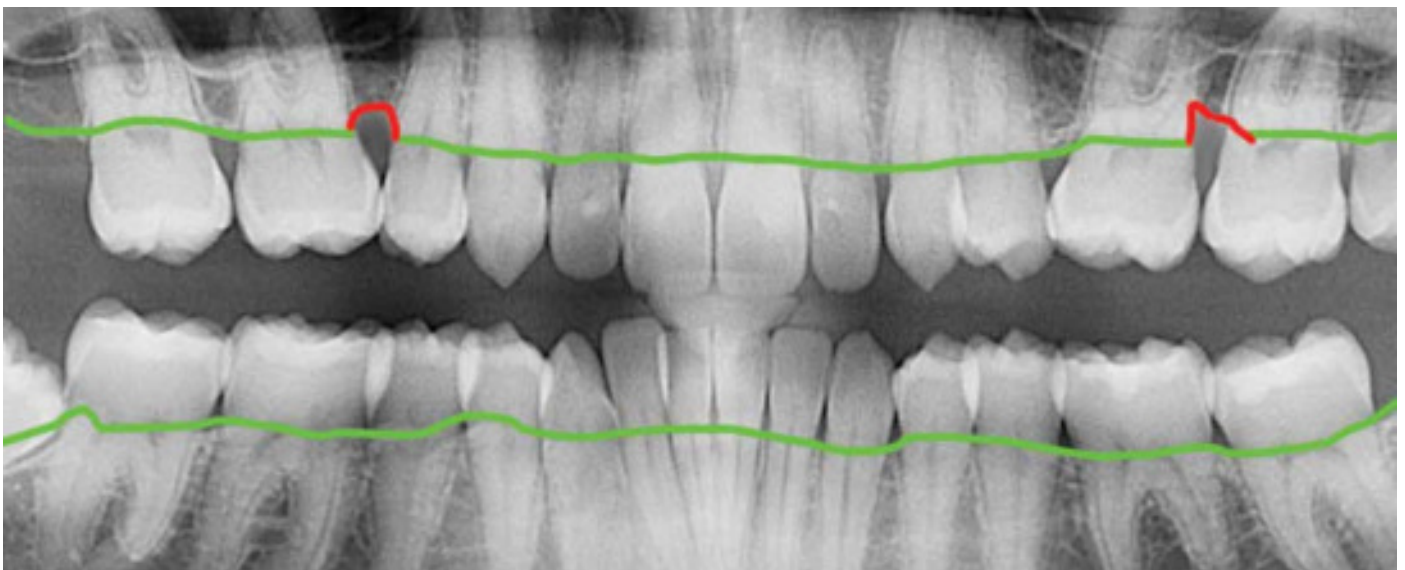
## Measuring Bone Loss

Depth of gums around your teeth give us an indication on the extent of Gum Disease. Healthy gum depths range between 0 and 3mm depth. Deeper areas are called gum 'pockets', they can indicate areas of infection that should be treated ASAP.



## Assessing Bone Loss

X-rays allow visualisation of the bone levels underneath the gums and examine the level of bone loss.



**OPG X-ray showing healthy bone levels in green and bone loss in red**

## What are the Risks After a Deep Clean?

'Recession' occurs when the bone levels around a tooth have been damaged. Whilst not always apparent at first due to the gums being swollen, once gums settle into a healthy position after a deep clean, you may appear long-in-the-tooth or have gaps ('black triangles') in between your teeth.

'Sensitive Teeth' can occur as a result of gum recession. This is due to the lack of gum covering over the root surfaces of the teeth. Often, a 'Sensitive Tooth' Toothpaste with added fluoride will assist with decreasing sensitivity.

'Poor Response' of gums occurs after cleaning infrequently, poor oral health, genetic susceptibility, lifestyle factors such as smoking and possible undiagnosed or underlying conditions which affect the bodies healing process. Further assessment and treatments can be recommended if this is the case.

# GUM HEALTH ASSESSMENT

## GUM DISEASE

- No Gum Disease
- Mild Gum Disease
- Moderate Gum Disease
- Severe Gum Disease

## BONE LOSS

- Mild Bone Loss (0-30%)
- Moderate Bone Loss (30-60%)
- Severe Bone Loss (>60%)

## YOUR TREATMENT PLAN

Using the information gained from our detailed gum assessment and based on your level of disease we recommend a thorough deep clean with our hygienist.

### Initial Treatment

\_\_\_\_\_ Number of Clean Appointments

*We will use Local Anaesthetic to make areas comfortable if required*

### Followup Cleaning

- 3 monthly     4 monthly     6 monthly

## YOUR CARE AT HOME

- Electric Toothbrush
- Floss
- Piksters
- Superfloss
- Curasept Mouthwash

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