

Happy Smiles Club



John G Plummer & Associates Dental Surgeons

Periodontal disease

(Periodontitis)

What is Periodontitis?

Periodontitis is a destructive form of gum disease which causes **irreversible** destruction of the bone and tissues that hold the teeth into the jaw.



Now you have been diagnosed with this condition you will need to make changes to your lifestyle and daily routines if you wish to keep your teeth.

You will require close monitoring care, including regular dental examinations – most likely every 3 months in the initial stages until the disease is stabilised.

Signs of Periodontitis

- Bleeding gums – **Healthy gums DO NOT bleed**
- Swollen and tender gums
- Bad breath
- Recession of the gums
- Tooth loss
- Sensitivity of the teeth
- Loose teeth

- Gum abscesses

How can I manage this?

You can do a lot yourself to manage and halt the progression of periodontal disease through proper oral hygiene.

1. Brush your teeth **twice** a day for 2 minutes.
2. Once a day, also clean between the teeth using interdental brushes or dental floss.
3. A special toothbrush for cleaning hard-to-reach areas (single tufted toothbrush pictured) may also be needed.



4. Ask your dentist or Oral Health Educator for advice and instruction.
5. This may mean your whole cleaning routine may take up to 15 minutes in order to achieve the high standards of oral hygiene needed to halt the progression of this disease.

Apart from plaque, the other main risk factors for periodontitis are smokers and poorly or uncontrolled diabetes.

If you are a smoker it negatively impacts how you heal so periodontal treatment may be less effective and there is an increased risk of tooth loss.

Likewise, uncontrolled diabetes with high blood sugar levels causes increased destruction of the bones and tissues supporting the teeth and patients do not heal well after treatment.

It is vital that diabetes is controlled with the help of your general medical practitioner.