

ADVICE:
Treat Periodontal Disease early. If left unchecked it can lead to bone and tooth loss.

Please contact us if you need more information



Understanding Periodontal (Gum) Disease

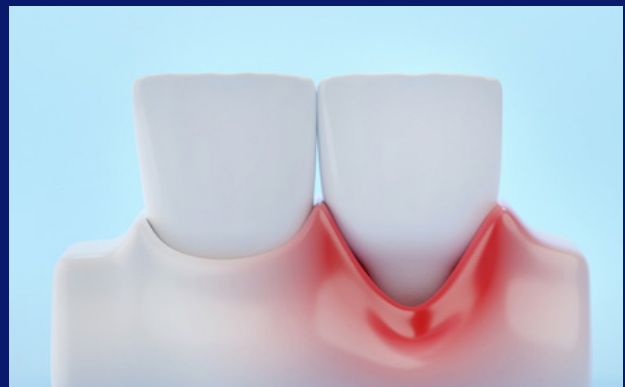
What is Periodontal Disease?

- Periodontal (gum) disease is a chronic inflammatory infection attacking the gums and bone that supports teeth.
- It is caused by the buildup of sticky bacterial plaque and hardened tartar.
- It is very common, but if left unaddressed can lead to persistent bad breath (halitosis), receding gums, deep pockets, and potential tooth loss.

What are the symptoms of Gum Disease?

Symptoms include:

- Gums bleeding when brushing, flossing or eating hard foods.
- Gums becoming red, swollen and/or sore
- Receding gums (teeth appearing longer)
- Loose and/or shifting teeth
- Pus between teeth and gums
- Pain when chewing



Stages of Periodontal Disease

Healthy Gums

Gingivitis

Periodontitis

Advanced Periodontitis



The 3 stages of Gum Disease explained (see image on reverse):

1. **Gingivitis** - This stage is characterised by red, swollen and bleeding gums. This is often caused by poor oral hygiene. At this stage Periodontal Disease is reversible with proper brushing, flossing and professional cleaning.
2. **Periodontitis** - If left untreated, plaque hardens into tartar. This leads to gum recession, the formation of deep pockets between teeth and gums, and the destruction of supporting bone.
3. **Advanced Periodontitis** - At this final stage the fibres and bone supporting the teeth are destroyed. Teeth shift, become loose, and potentially fall out.

So, what can be done?

Do



Brush with fluoride toothpaste at least twice a day. Spit after brushing. Do not rinse - it stops the toothpaste working!



Use interdental brushes and/or floss every day



Replace your toothbrush every 1-3 months



See a dentist and hygienist for regular check ups. This is even more important if you are pregnant or have diabetes.

Don't



Do not use mouthwash directly after brushing. It stops the toothpaste working



Do not smoke

ACT EARLY. If left unaddressed you may need:



Deep Cleaning
under the gums



Antibiotics



Gum Surgery



Teeth Extractions