

The Old Malt House Dental Practice  
Telephone (01258) 473397

**PRACTICE INFORMATION LEAFLET:**

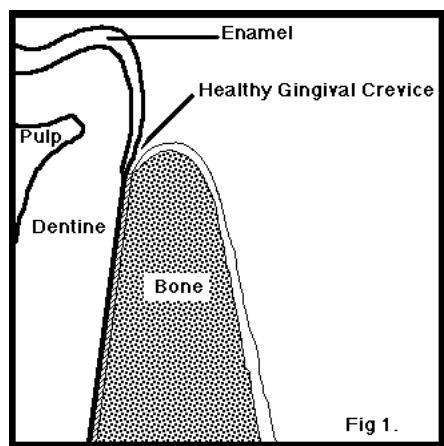


## GUM DISEASE and how to treat it.

**Fact...**

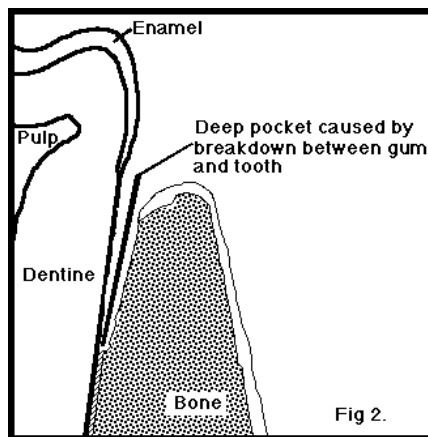
Nearly every adult in the United Kingdom has Gum Disease.

In a healthy mouth where the gum joins the tooth there is a small crevice (Fig 1).



**The Bad News...**

If bacteria are left in this crevice, the acids and other products that they secrete cause the gum to become inflamed and bleed. This leads on to the breakdown of the attachment between the tooth and gum causing the formation of a pocket (Fig 2) and eventual bone loss around the tooth.



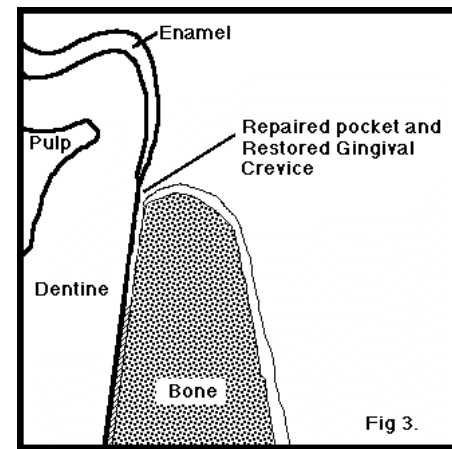
**The Good News...**

If these pockets are thoroughly cleaned by a hygienist, i.e. the removal of all bacterial plaque and calculus (calcified dead bacteria) and the gum margin is kept clean by your daily cleaning, the gum will return to health and tighten up against the tooth. If scrupulous oral hygiene is maintained, the gum condition will remain healthy.(Fig 3).

**Treatment of Gum Disease...**

This is a joint undertaking between ourselves and you. We will assess the severity of the problem, clean the pockets and show you the most effective way of brushing and flossing your teeth to keep them healthy. A full gum assessment is done as part of your regular dental examination to monitor how effectively you are keeping the gums healthy.

**If you have any questions at all,  
please ask the hygienist or dentist.**



**Your Responsibility...**

I know that it is stating the obvious but they are your teeth! The time that you spend correctly brushing and flossing is the only way to keep them healthy. There are no quick alternatives !

**In Conclusion...**

Nearly all adults have gum disease. The deeper the pockets are, the more difficult and uncomfortable they are to treat. **Treatment will result in a reduction in the depth of the pockets but this improvement will only last if it is backed up by effective cleaning at home.**

It is our aim to help you to understand about your teeth and keep your teeth for life.

If you have any questions about this leaflet, or any other aspects of our practice... Please ask !