

## Can I Take Anything To Help?

The use of antibiotics have been tried over time to help with gum disease. The general acceptance now is that they are of questionable benefit for most chronic cases. Further research is being carried out to see if our diet can help to influence the health of the gums

## Extra Risk Factors

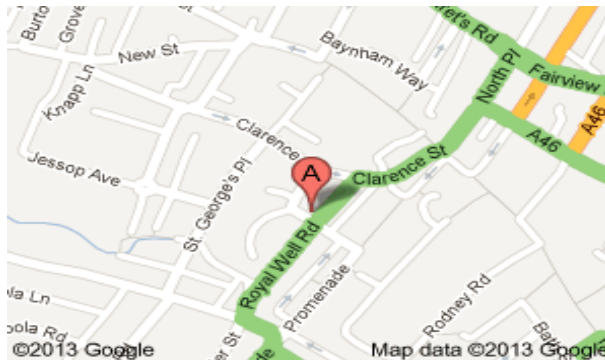
- Smoking has an ongoing impact on the health of your gums. It will limit the effects of improved oral hygiene and increased cleaning by your dentist/hygienist
- Smokers are at far higher risk of losing teeth due to chronic periodontitis
- Stopping smoking will improve the success of the efforts made to improve your gums
- Diabetes if uncontrolled also has a significant impact on the health of your gums and the underlying inflammation caused by chronic periodontitis can lead to increased risk of negative diabetic effects systemically

## Regency House Dental Practice



Ask your dentist or hygienist about our **Oral Hygiene Products** which are **available from reception**

Hygienist appointments are available from £29.50



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## What Is My Role In Managing My Periodontal Disease?

(Adult Gum Disease)



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## How Do I Help?

- Brush your teeth twice per day for two minutes each time
- Electric toothbrushes are very often easier for people to manage but not essential
- The critical improvement that most people can make is the quality of cleaning BETWEEN the teeth. Flossing is difficult for most people and when there are larger gaps between teeth, this is often not the best method even when done well. Interdental brushes (TePe's) can be simple to use, come in a variety of thicknesses and are often the best at cleaning between the teeth
- Try to concentrate once per day on a longer cleaning session to include brushing and flossing/TePe's. This is probably easier in the evening and does not have to be just before bed time



## How Can My Dentist/Hygienist Help?



If you have been newly diagnosed with chronic periodontitis, there is a routine treatment process that we can start. This involves:

1. Measurements of current gum health, bone loss, plaque presence, defective or contributory restorations
2. Discussion of your individual requirements and detailed oral hygiene advice
3. Deep cleaning by your dentist/hygienist where necessary in possibly more than one appointment and using anaesthetic if needed
4. Reviewing progress and retreatment on a three monthly basis
5. Your treatment will be constantly reassessed in your time at the Practice

## Understanding Chronic Periodontitis

If you have been told that you have chronic periodontitis, it is important that you take “ownership” of your gum disease.

The treatment of the disease is only possible with the combined approach from your dentist/hygienist and you

It is extremely important that you understand the relevance of your oral hygiene, as well as other factors such as smoking and diabetes

Uncontrolled chronic periodontitis can lead to increase chance of ischaemic stroke, cardiovascular disease, exacerbation of diabetes related health problems, as well as being the cause of 50-60% of tooth loss.

See our information leaflet, “What Is Chronic Periodontitis and Why Do I Suffer” for more information

### **PLEASE REMEMBER**

- **Clean Daily as instructed (High levels of Oral Hygiene Are Absolutely necessary to complement the work that the Dentist/Hygienist Carries Out)**
- **If you are a smoker, let this be the final reason to give up!**