

QuaySide Periodontal Care Program

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Gum disease is often overlooked by Dentists. In the past, if you had loose teeth and bad gums, teeth would be whipped out, leading to dentures (which anyone who has them will testify, they aren't great!)

I don't overlook them because I like people to save their teeth and avoid the potential problems bad gums can cause, including Halitosis, Loose and missing teeth and abscesses.

What causes Periodontal Disease?

Periodontal disease is an infection caused by bacteria. In about a day's time, mouth bacteria multiply and form a sticky, almost invisible film on the teeth called plaque. Plaque that is not removed by regular brushing and flossing can harden into calculus (tartar). In some cases the plaque and calculus cause the gums to become red and inflamed and may bleed on brushing. This condition is called gingivitis.

Over time, toxins (poisons) in plaque can cause the tooth supporting tissue and bone to be destroyed (bone loss), forming a hidden pocket between the tooth and the gum. Your dentist and hygienist will use a periodontal probe to measure the depth of this hidden pocket. The depth of this hidden pocket is termed "pocket depth" is the main indicator for the presence of gum disease.

Do you have Gum Disease?

If left untreated gum (periodontal) disease can lead to bleeding, discomfort, receding gums and tooth loss. More than 50% of people in the UK 30 years and older have some gingivitis and more than a third have signs of periodontitis.

Gum disease affects 3 out of 4 people at some point in life. Dental research has recently linked gum disease to an increased rate of heart disease, stroke, diabetes, respiratory disease and preterm and low birth weight babies. The Florida Probe has been designed as a high tech instrument used in the war against gum disease.

Speak with your dentist about routine periodontal probing, maintenance of deep pockets and ways to improve your home care. Remember that early diagnosis is the key to maintaining your oral health and preventing serious systemic problems.

We are using the latest in computer technology to provide our patients with optimal dental care. We now offer a new diagnostic service to check for gum disease called the "Florida Probe". This computerized Periodontal check-up offers an accurate and objective assessment of the progression of gum disease which assists us in providing a diagnosis at the earliest possible stage. This offers our patients more

options for treatment and can assist in preventing the damaging effects from this disease. When leaving our office with your periodontal chart you will have a clear and detailed picture of your periodontal health. Future visits will allow us to accurately monitor and track your progress to help protect your beautiful smile for a lifetime.

How do we treat Periodontal Disease?

The treatment of periodontal disease involves

- Thorough cleaning of all root surfaces to reduce the bacteria levels
- Elimination of any areas that make the disease worse, like broken or poorly fitting crowns and fillings and food gaps
- Using the right tools at home to reduce the plaque build ups
- Regular monitoring, cleaning and maintenance
- Smoking advice (if appropriate as smoking make Periodontal Disease very much worse)

The success of any treatment however will totally depend on your home care routine to keep the bacteria levels to a minimum. If plaque levels are still high, rest assured we wont make you feel guilty! People with advanced gum disease usually have spaces in between the teeth that are really annoyingly hard to clean with conventional means so don't panic if there is still plaque around.

We take the treatment of gums very seriously, which means for me, investing in some staggering technology to help us with out treatment.

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Chart #:	SAMPLE	
Name:	TEST PATIENT	
Examiner:		
Examination Date:	Tuesday, March 24, 1998 08:44:36	



Plaque Index Scores	Probing Summary
All surfaces: 11%	28 Teeth 10 Bleeding sites 4 Suppurating
Molar: 37%	10 sites progressing deeper by at least 1mm.
Inter-pocsmal: 10%	23 moderate sites with 4 progressing deeper by at least 1mm.
Buccal/Lingual: 12%	5 severe sites with 3 progressing deeper by at least 1mm.
Buccal: 7%	9 furcations were found.
Lingual: 17%	5 teeth were found to have some degree of mobility.

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The incredible level of detail

The software can tell us not only what areas are currently suffering but will also assess brushing and flossing or interdental cleaning efficiency. That way we can accurately see which oral hygiene techniques are working, and which are not.

Assessment

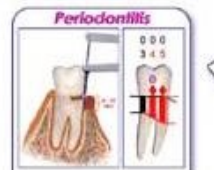
If you have had your periodontal disease assessed before you may remember a small probe gently pressed against the side of the gum to measure the pocketing. The diagnostic process for the Florida Probe is essentially the same, except that the probe will also record the presence of the gum level, plaque and bleeding. It is about 50% more accurate than probing by hand. One of the problems though is that when you prod tender gums, surprise surprise, they hurt! We dont like doing that, so read on!

Precise, Targeted care where it is needed most

The software will automatically flag up any areas that are not responding to therapy. It will tell us why and then we can target our care more towards those non responsive areas.



- Pockets form as gums separate from the teeth
- Pockets deepen as more bone supporting the tooth is lost
- Pockets 4 -10 mm deep



Treatment Sequence

For patients with Periodontal Disease, we split the gum treatments into a few phases.

Phase One – Initial Clean up

The hygienist thoroughly cleans the teeth, removing all the plaque and the tarter above and around the gum line.

The hygienist gives you a set of the best cleaning tools with a demo on how to use them. She also gives you a bottle of powerful disinfectant mouthwash.

The gums are then left for a couple of weeks to start to heal, bleeding and tenderness in reduced and you can start with the new improved brushing program.

Phase Two – Review

A lot of healing should have taken place already.

The next visit, the hygienist will see how well the gums are recovering and they should be a lot less tender. She will also check around the necks of the teeth and in the grooves for any extra decay that may be going on.

The hygienist will then use the Florida Probe to accurately measure the gum condition. She will then use that information to chat through a treatment plan with the Dentist.

Phase Three – Deeper Root Surface Cleaning.

Any remaining areas where Periodontal Disease persist are numbed up and some deeper cleaning

carried out. This is also done by the hygienist.

We tend to take each side of the mouth per visit.

She will also review how the new enhanced brushing techniques are working out (without making you feel guilty!)

Phase Four – Are we healed?

Three months later, she uses the Florida Probe to assess accurately the health of the gums and starts the maintenance program of keeping the plaque and tartar away.

Any areas that aren't getting better, she will discuss with the dentist. If areas are not healing properly, then further treatment will be required. This further treatment is pain free and easy to have done.

Phase Five – Maintenance

Every three months, the hygienist will keep the deposits off. This is probably the most important thing about treating gum disease.

Every six months, she will carry out another Florida Probe to accurately track and monitor the gums, to ensure that nothing is getting worse that we can't spot.

It sounds like a lot, but gums need to be treated very methodically. Gums are so vital to the health and the "fixability" of teeth, poor gums really limit our ability to fill gaps, provide nice cosmetic work or even do simple fillings.

Fear not! Its all quite straightforward!