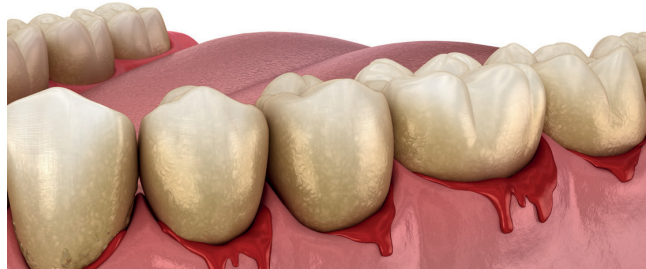


Your dentist has recommended a course of periodontal treatment because of the condition of the gums.

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Gum disease is a very common condition resulting in pain or soreness, swelling and infection of the gums. The mildest form of the condition is called gingivitis and occurs when the margins of the gums round the teeth become inflamed and the gums bleed when you brush your teeth. This is associated with the build-up of soft debris round the teeth. It is called plaque, which is soft and colourless, which contains bacteria and which constantly forms on the teeth. Gingivitis can be reversed and healthy gums restored by careful attention to oral hygiene procedures, brushing the teeth carefully and flossing to remove any plaque.



If the inflamed gums continue to be neglected, the disease will progress and involve the deeper tissues. The soft plaque, if not removed, will harden to create calculus (also known as tartar). The calculus irritates the gums and causes separation from the teeth leading to the formation of pockets, which are spaces between the teeth and the gums. This results in the collection of further debris, in turn causing more damage to the gums resulting in increased inflammation, loss of supporting bone and ultimately to progressive loosening of the teeth which may ultimately fall out.

It is important to have regular checks-up. During the examination the dentist may use a metal probe to test whether any pockets exist between the teeth and gums and, if so, how deep they are. The depth in millimetres is measured in all areas of the mouth. This will give an indication of the need for periodontal treatment to remove any calculus, strengthen oral hygiene and restore healthy gums.

Calculus cannot be removed with a toothbrush. It can only be achieved by a dentist or a dental hygienist.

Your medical history is also very important. Smokers and patients with diabetes are at particular risk.

Your dentist has advised the need for periodontal treatment. Examination of the gums has revealed pockets in all areas with the presence of calculus. The depth of the pockets (from 0 – 4, according to the depth, is):

(overwrite chart below with latest BPE figures)

UPPER RIGHT | UPPER CENTRE | UPPER LEFT
LOWER RIGHT | LOWER CENTRE | LOWER LEFT

The dentist will explain the procedures that may be necessary:

- The dentist or hygienist will carefully scale each tooth to remove any debris which is visible and any which is below the gum level. It may be done with a hand instrument or with an ultrasonic scaler.
- It may be necessary to undergo one or several appointments to complete all the necessary scaling.
- The teeth will be polished using a cleaning paste and a rotary brush or cleaning cup.
- In some situations, surgery may be necessary to clean all debris and to reposition the gum to close the pocket and to reattach the gum to the tooth. In such circumstances the dentist will refer you to a specialist in periodontal disease.

Complications and adverse outcomes

1. The scaling and calculus removal may be uncomfortable and might be painful. If you experience pain please advise the dental professional. It may be necessary to instil some local anaesthetic to enable the scaling to take place.
2. The gums may not heal. It depends on the nature and aggressiveness of the disease, whether the attention to oral hygiene is rigorous and whether you are diabetic or continue to smoke.
3. Periodontal treatment is not a one-off activity and, over time, may have to be repeated to prevent or control recurrences of the disease.
4. Periodontal disease will often be accompanied by gum recession. This exposes part of the root making the teeth appear long and it may be unattractive in appearance.
5. Diseased gums may continue to bleed and cause bad breath

If you elect to have no gum treatment and do not maintain good oral hygiene (tooth-brushing and flossing), the condition of your gums will deteriorate and, as the disease worsens, you will suffer from symptoms such as a bad taste and bad breath and your teeth will start to become loose and ultimately be lost.

Regular periodontal assessment and necessary treatment is the only way to minimise the risk of gum disease. It is vital that excellent oral hygiene is maintained at all times. Not only should the teeth be carefully brushed but care should be taken using floss and interdental brushing to ensure that all areas of the teeth are cleaned and gum inflammation minimised. The dentist or hygienist will explain how to ensure that the procedures are undertaken efficiently and successfully. Failure of oral health maintenance will result in relapse of periodontal disease.

PATIENT CONSENT

I hereby consent to undergo periodontal treatment.

The technique and procedure has been explained to me by:

(name of dentist)

The dentist has explained about the nature of gum disease, together with any significant risks and problems, disadvantages and alternatives and the likely outcomes if complications occur. The dentist has also explained the consequences of not having the procedure. I have been given the opportunity to ask any questions and understand that, should any changes in the treatment be required, they will be explained to me and my specific consent obtained.

I confirm that I have given correct information about my general health and up-to-date medical history including any medications that I may be taking at the time of the procedure.

I have informed the practice of any medication and allergies of which I am aware.

Name of Patient _____

Signature _____

Date _____

Name of Dentist _____

Signature _____

Date _____



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