

## Treatment for Periodontal Disease at A&S

After examining your gums, your dentist may recommend that you see our hygienist for some intensive gum treatment. **This is available on the NHS** and is based on the British Periodontal Society guidelines.

As you pay for treatment each phase falls within Band 1 of treatment so costs £45.60.

As you are **exempt from NHS charges** there is no charge for the gum disease treatment with the hygienist.

## Treatment for patient's with BPE 3:

If you have a BPE score of 3 you will receive an intensive course of treatment split up into 3 phases over a 6 month period.

Your dentist will then review your gum health after this course of treatment.

## Treatment for patients with BPE 4:

If you have a BPE score of 4, you will receive an intensive course of treatment split up into 5 phases over a 12 month period.

Your dentist will then review your gum health after this course of treatment.

# Key Facts:

- Gum disease is the most common cause of tooth loss in adults.
- Gum disease is caused by a build up of plaque.
- Gum disease is made worse by smoking.
- Gum disease makes your gums bleed.
- Gum disease is one of the main causes of bad breath.

If you have any further questions please speak to your dentist or hygienist at your next appointment.



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Patient Information Leaflet

# *Periodontal Disease*

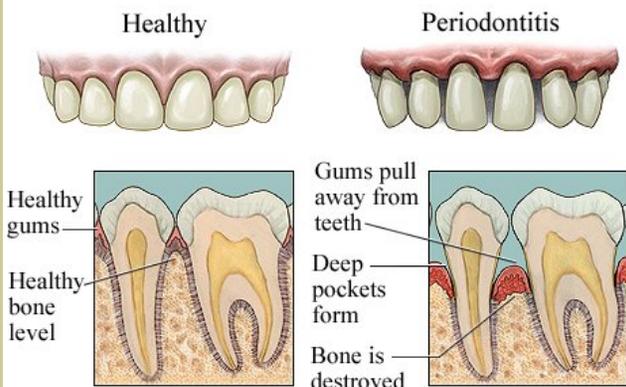


A brief explanation of gum disease

# Periodontal Disease

## What is periodontal disease?

Periodontal disease, or **gum disease**, is the swelling, soreness and/or infection of the tissues supporting the teeth. As the gums become inflamed they pull away from the tooth forming a '**pocket**' between the gum and the tooth. (see picture below).



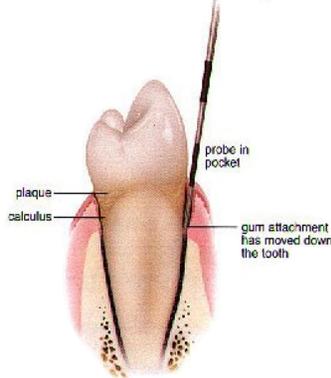
As the disease gets worse the bone anchoring the teeth in the jaw is lost, making the teeth loose.

## What is the cause of gum disease?

**Plaque** is the main factor that causes gum disease. Plaque is a film of bacteria which forms on the surface of the teeth and gums every day. Other factors include **smoking, diabetes, stress** and some **medications**.

## Am I likely to suffer from gum disease?

Most people suffer from some form of gum disease. However, the disease develops very slowly in most people, and it can be slowed down to a rate that should allow you to keep most of your teeth for life.



Measuring a periodontal pocket

## How do we detect gum disease?

At each check-up your dentist or hygienist will check the state of your gums by probing around the teeth and recording a **BPE score**. If there are any deep pockets present then you will need some periodontal treatment, either from the dentist or our hygienist.

## What is a BPE score?

BPE stands for 'basic periodontal examination' and it is an **indication** of how **healthy** your **gums** are. Scores of 1 and 2 mean you have gingivitis whilst 3,4 and 5 mean you have a type of periodontal disease.

## What is gingivitis?

Gingivitis is the **inflammation** of the **gums** caused by a build up of plaque. It is reversible, but if untreated will turn into periodontal disease.

## How do we treat gum disease?

You'll need one or more '**deep cleans**' from your dentist or hygienist depending on how severe your gum disease is. After this it is up to you remove plaque and keep your teeth as clean as possible by **brushing and flossing**.

## What happens if it's not treated?

If not treated, your teeth may eventually **fall out**. In fact, more teeth are lost through periodontal disease than through tooth decay.

## Are there any side effects of treatment?

If treatment is successful your gums may recede as they heal.

## How do I prevent gum disease?

- Brush your teeth well **twice a day**;  
- removes the film of bacteria from the teeth
- Clean **between** your teeth every day.  
- removes bacteria and food particles from between the teeth, where a toothbrush can't reach
- Visit your dentist **regularly**;  
- regular dental checkups and professional cleaning is essential

## How does smoking affect my teeth and gums?

Smoking causes **more plaque** and disease to **progress more rapidly**. Also the gums **don't heal** as well due to a lack of oxygen in the bloodstream.

## Gum Disease Flowchart

BPE Score

