

Gum Disease

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U DENTAL PATIENT INFORMATION: Help You To Make Informed Decision

Do you have the following problems?

A) EARLY STAGE:

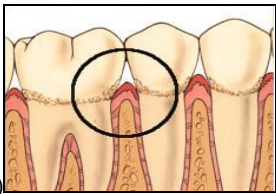
- Gum bleeds easily especially during brushing.
- Gum becomes reddish in color with bleeding.

B) MIDDLE STAGE:

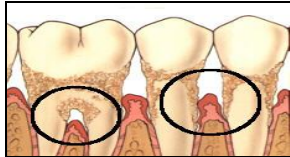
- Gum becomes shorten and not adhere to the root.
 - Tooth becomes longer.
 - Root is exposed.
 - Gap found in between teeth resulting in food impaction, decay near the gaps of the teeth, and bad breath.
- Teeth become sensitive when brushing or eating or drinking cold/hot/sour food or drinks.

C) END STAGE

- Teeth are shaky or shifted/tilted/elongated from their original location.
- Bite of the natural teeth becomes weak.
- Gum swelling, with pus discharging
- Toothache especially while biting or touched.



A.) B.)



C.)

If you have any of the signs and symptoms stated above, please immediately seek help from your dental doctor because you may suffer from gum disease. Gum disease is the disease that is suffered by most number of people in this world.

GUM DISEASE TREATMENT

Gum disease can be treated and maintained without surgery or with surgery.

WITHOUT SURGERY-Mechanical Cleaning

Scaling/Cleaning/Teeth servicing (clean off the teeth calculus) can help to eliminate plaque or tartar accumulation.

If your gum is swelling, bleeding may happen. Normally scaling every 6 month is recommended.

Deep scaling or smoothening of the infected root may be necessary if the gum pocket is too deep and the patient not able to clean effectively. A package of treatment or series of maintenance visits may be necessary. This is the easier way to maintain your gum compare to the surgical

WITH SURGERY:

1) **Gum Cutting** (gingivectomy) remove gum that is not attached to the tooth in order to help the cleaning of the root surfaces.

Advantages: Easier, cheaper than adding bone graft. Gum can be cut

without surgical knife (electrosurgery or laser)

Disadvantages: Tooth may become sensitive if the root is exposed.

2) **GUIDED TISSUE REGENERATION** uses skin and/or artificial human made bone to build back the gum/bone that have lost.

Advantages: Constructive treatment, teeth become less mobile.

Disadvantages: Higher cost, more difficult, long term result cannot be predicted.

SIDE EFFECTS OF GUM DISEASE AND THE POSSIBLE TREATMENTS

- If the root is exposed, do not brush horizontally. If not, the root of the tooth will be damage and may need to be filled.
- Cavity close to the gap of teeth: As the food gets stuck easily at gap between teeth, adjacent teeth easily get broken. Sometimes, cavity of teeth like this can only be detected after X-ray being taken.
- SENSITIVITY:** The exposed area of tooth may feel sensitive. After confirmation that the sensitivity is not cause by tooth cavitation, doctor may recommend:
 - Sensitive toothpaste such as Sensodyne, Oral-B, Colgate, T-Care and other toothpaste for long term.
 - Placing **SEALER/DENSENTITIVE MEDICATION/FLUORIDE** at the root surface.
 - Iontophoresis: Uses low current electric to guide the fluoride to flow into the root.
 - More definitively, root canal therapy to devitalize the tooth nerve.

GUM MAINTAINANCE

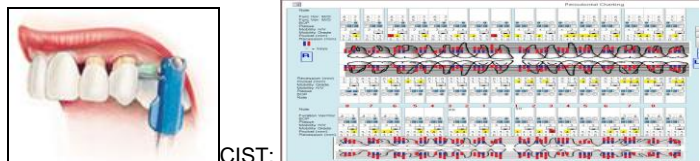
■ Brush teeth for at least twice per day. There are patient who brush their teeth hard everyday but the gum is still bleeding because the brushing technique is not efficient or the brush does not reach the correct position. Brushing pay attention to the difficult to reach area.



Use floss to clean in between the teeth:



In the gap between the teeth is big, interdental brush can be used.



Long Term Treatments

For gum disease middle to advance stage, cleaning 6 monthly is not enough. You may need CIST treatment from 12-24 months, the treatment is comprehensive, from simple to complex base of severity of the gum problem.

CONCLUSION

Gum that is lost/shorten will not grow back. However, gum that is well maintained will keep your teeth standing for whole life.

Visit your dental doctor every 6 months for examination and scaling if necessary