



Periodontal Disease Consent Form

So, you have been told you have periodontal disease, otherwise known as gum disease.

What is gum/periodontal disease?

Gum disease is inflammation of the gums which over time, if left untreated, can result in bone loss and tissue destruction of the supporting structures around the tooth. Gum disease is usually not painful and can present as

- Bleeding gums when brushing or flossing
- Swollen, red or tender gums
- Gums that have receded away from the tooth
- Persistent bad breath or bad taste in your mouth
- Loose teeth
- Visible pus around the teeth and gum

What causes gum disease?

Gum disease is caused by bacterial accumulation along the gums. This can either be in the form of soft plaque if brushing and flossing is not optimal and/or hard build up around the tooth which is also known as calculus. The body responds to this bacterial accumulation and treats it like an infection in the mouth. In its response to trying to combat the bacterial load along the gumline the body sends blood to the area and this results in inflamed or red and puffy gums. Gum disease can present in 2 forms.

1. **Reversible (also known as Gingivitis)** - This is inflammation of the gums
2. **Irreversible (also known as Periodontitis)** - When the inflammation has been left untreated and bacteria has progressed deeper into the gums resulting in bone loss.

Over time, if the disease process is not stabilized it can eventually result in infection, pain and/or tooth loss.

How do you treat gum disease?

Firstly you will have a charting of the gum levels which is when a small probe is used around the gumline to measure the pocketing depths to determine the extent of tissue destruction and bone loss. You will then have a clean to remove the calculus build-up and plaque that has accumulated along and below the gums which is initiating the gum disease. This will likely be done under a local anaesthetic as it can be quite uncomfortable and is done over 2 visits, cleaning half of the mouth at a time. The reason for this is you get a far more thorough clean as well as overall comfort. Numbing up the entire mouth is contraindicated as it can cause a very unpleasant feeling. The numbness can last up to 3 hours.

What can I do at home?

Treating gum disease is a partnership. Once the teeth have been professionally cleaned it is important to maintain a clean environment and reduce the amount of bacteria accumulating in the mouth to allow the gums to heal. Home care is one of the most important aspects of managing gum disease and helps to prevent the gum disease progressing. Additional aids, along with your toothbrush, can be used to effectively remove plaque from the teeth and mouth. The only way to remove plaque from the teeth is to mechanically remove it with your toothbrush, floss and interdental brushes. Mouth washes can be helpful in some circumstances, but the most important aspect is to remove the plaque physically from the teeth and mouth.

What you can expect after a Periodontal Clean?

Today

- Whilst you are still numb from the anaesthetic, please be mindful of your mouth, cheek, and lip to avoid soft tissue trauma
- Whilst numb avoid hot foods and drinks as you cannot feel temperature
- Where possible avoid eating whilst numb to avoid chewing cheek

Bleeding

- Do not be alarmed or deterred by bleeding, bleeding of the gums will be normal for the next few weeks
- As the inflammation subsides the bleeding will get less and eventually disappear

Pain

- It will be normal once the anaesthetic has worn off to feel some discomfort and tenderness from the gums for the next week or so, don't let this deter you from keeping them clean and massaging along the gum line with your toothbrush
- As the gums heal and the inflammation starts to subside the tenderness will go

Sensitivity

- It will be normal for some of your teeth to feel sensitive after a deep clean
- Once the build-up is removed from the tooth the area that was previously covered by the build up is now clean and exposed, it may take some time for the tooth to get used to things directly making contact with the tooth surface as it was previously covered
- As the gums heal and the inflammation subsides the gums can recede and tighten around the tooth, this can expose some of the root surface of the tooth that was previously covered by the inflamed gum. This exposed root surface can cause some sensitivity.
- If you are feeling sensitivity on the tooth apply a pea sized amount of sensitive toothpaste such as Sensodyne or Colgate Sensitive on the area and leave to help desensitize the region
- Over time these areas will likely desensitize on their own

How do I manage my gum health long term?

Maintaining gum health is a lifetime responsibility and having a good at home oral hygiene routine is key. Build up over time can be inevitable even with great home care, it is recommended to come in 3-6 monthly for professional cleans to maintain and monitor gum health. Your dental practitioner will advise you of the appropriate time for an appointment and will work with you to reduce visits as the gum condition stabilizes.

In signing this form, I acknowledge that I have been given the full opportunity to ask any and all questions I might have about the treatment I am to receive at Clarity Dental Care. I agree that I have read and understand all the information supplied to me in regards to the treatment

Patient/Guardian _____ Date: _____