

Welcome to your guide about looking after your gums and treatment for gum disease at [Claregate Dental Practice](#), in Wolverhampton.

In this guide we will cover the most common questions asked about looking after your gums. Some more information can be found on our website, and you are always welcome to contact us for a **free** consultation with our [Patient Care Co-ordinators](#).



1. What are the symptoms of gum disease?

- Bleeding, red/swollen gums when brushing or flossing etc.
- Gum recession (gums pulling away from teeth).
- Bad breath.
- Loose teeth.

2. What causes gum disease?

- The build-up of plaque (biofilm) and bacteria being left on your teeth and gums.
- Certain risk-factors can exacerbate the disease: smoking, diabetes, poor diet/hygiene and genetic predisposition.

3. Is gum disease reversible? What are the stages?

- The early stage of gum disease is gingivitis, which can improve with better oral hygiene, hence it is completely reversible.
- Later stages of gum disease, is called [periodontal disease](#), is not reversible.
- However, this disease can be stabilised with correct dental treatment and better oral hygiene at home.

4. How is gum disease treated? What options are there?

- The treatment varies depending on the stage.
- For early gum disease (gingivitis), a professional clean with the dental hygienist is necessary.



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- This can include assessments such as gum measurements and determining of how well you clean your teeth using disclosing dye.
- Oral hygiene advice will be tailored to your needs.
- For more advanced gum disease, more thorough assessments of your gums will be needed, possibly x-rays to determine how severe the disease is
- This will be followed with tailored oral hygiene advice and a clean underneath the gums which can be carried out with or without local anaesthetic.
- We are pleased to offer the latest in gum treatment with the [Guided Biofilm Treatment \(GBT\)](#). Visit our website for details.
- For severe cases of periodontal disease, a referral to a specialist may be advised.



5. How often should I see the dentist / hygienist for prevention or maintenance?

- This is tailored to each patient's needs. However, a recall period is usually between 3 and 6 months.
- In some cases you may be advised to initially attend within 1 month of your first appointment, or recalled more frequently, depending on severity of your gum disease.

6. What lifestyle changes help prevent or slow gum disease?

- Reducing bacterial load is the most important factor and can be achieved by brushing effectively and thoroughly two times a day (evening and one other time of day) and using floss or interdental brushes to clean in between your teeth at least once a day (whenever you have time to do this)
- Mouthwashes can be used, but should not be used after brushing with a fluoride toothpaste, but a different time of day
- If you smoke, we advise you stop as this can mask the signs of gum disease, and reduce your healing after treatment
- Regularly dental hygiene appointments are also advised so any changes can be identified and acted upon efficiently



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7. How bad does it have to be before it's serious? Can it be painful?

- Gum disease is not always painful.
- First signs are usually bleeding gums, and this should not be ignored.
- The gums may also show signs of recession, and this can lead to tooth sensitivity as the roots are exposed.
- Advanced gum disease can lead to bone loss, meaning your teeth can become mobile and eventually fall out if left untreated.
- Gum disease at any stage can affect your general health also.



8. Can gum disease be linked to other health issues?

- There have been many links between gum disease and a variety of general health issues.
- Examples are diabetes, heart disease, increased risk of stroke, dementia to name a few.

9. What are the costs or NHS vs Private pathways for gum disease treatment?

- For hygiene appointments carried out on the NHS, this is *usually* carried out by your dentist.
- Private treatment is often carried out by the dental hygienist.
- Some more comprehensive treatments, such as GBT, is only available on a private basis.

10. What should I do if my gums are bleeding / swelling etc?

- Bleeding gums are not healthy gums.
- If you notice bleeding gums, swollen gums, or sore gums, book an appointment with your dental hygienist who can assess you and treat you as necessary.
- You can book [directly](#) to see our dental hygienist.
- Improving your peak hygiene at home by making sure you are brushing twice a day for 2 minutes and cleaning in between your teeth.



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Example cases using GBT done for our patients by our hygienist [Rebecca](#) at Claregate Dental:



If you would like to find out more or [book an appointment](#), you can contact us via our [website](#) or use the contact details below.



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