

Franklin House Dental Practice

information sheet for patients periodontal oral hygiene

Around 15% of the population have periodontal disease. This means that the supporting structures of the teeth (gums and bones) are slowly being lost through the disease process. These teeth may become loose which means you are at risk of eventually losing your teeth. The main cause of periodontal disease is the build up of plaque.

There is new clinical evidence to suggest that by far the most effective way to manage this disease is as follows:-

- 1) Information to the patient to encourage understanding of outcome when following the correct instructions
- 2) Correct cleaning at home on a daily basis is of more value than professional scaling.
- 3) Interdental cleaning (between the teeth) by the patient is essential.
- 4) Regular visits for monitoring, maintenance and motivation.

You have been identified as someone who is suffering from periodontal disease.

The diagnosis will have been discussed with you by your dentist.

You will now be offered three appointments with the hygienist.

They will be spaced approximately 3-5 weeks apart and will consist mainly of the following:-

- 1) You will be shown where to brush
- 2) You will be shown which toothbrush is optimal
- 3) You will be shown how to use floss and solo brushes
- 4) You will be helped to set up a daily "action" and "coping" plan
- 5) The consequences of not following all the daily routines will be explained to you
- 6) You will practice the above in front of the hygienist.
- 7) You may have clinical photographs taken (with your consent). These are private and will be on your file. These photographs are very useful in providing you with a record of your improvement. It is a strong motivational tool. It also provides you and your dentist/hygienist with a record of your progress.
- 8) Antibiotics may be prescribed for you at some stage during this process by your dentist.

You may be offered an additional appointment with a qualified dental nurse for oral health instruction (OHI).

NB: Please bring your toothbrushes (not toothpaste) with you EVERY TIME YOU COME TO THE CLINIC IN THE FUTURE.

If you are not a smoker, initially you may experience some bleeding and tenderness from the gums. This is normal. If this does not happen then it is likely you are not brushing correctly.

We go the extra mile, to make you smile