

Can I prevent gum disease?

Most people can prevent gum disease with good oral hygiene. Things you can do to improve your oral hygiene and prevent gum disease.

- Brush your teeth regularly and effectively
- Have a plan of when you will brush your teeth
- Use an ordinary toothbrush or a rechargeable powered toothbrush and fluoride toothpaste
- Stop smoking - Stopping smoking reduces your chance of getting gum disease.
- Clean between your teeth using floss or interdental brushes.
- If you have diabetes, your dentist will recommend that you ensure it is well-controlled, as uncontrolled diabetes increases your risk of developing gum disease

Our Periodontal Team

Dr. S N Rao BDS, MFDS. RCS (Edin).

(GDC no 118104)

Dentist with special interest in Periodontics

Dr Rao is supported by our team of experienced dental hygienists.



CONTACT US



Dentistry@ No 3

Dr Rao is keen to offer patients who have continuing gum problems, a new enhanced treatment service.

He has many years of experience in the care of patients with gum problems and is a former Professor in the Department of Periodontology, at a dental school in Bangalore, India, and there was involved both in the teaching of dental students and the care of patients with gum problems. He also regularly participates in continuing professional development to advance his skills and knowledge.

At No3, we pride ourselves in giving the best care to all patients and strive to make their treatment as comfortable and convenient as possible.

Dentistry @ No3

3 Comely Park, Dunfermline, Fife. KY12 7HU

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<http://www.dentistry-no3.co.uk>

YOUR GUIDE TO



Your gum problems
and how our team at No 3 can
help treat you.



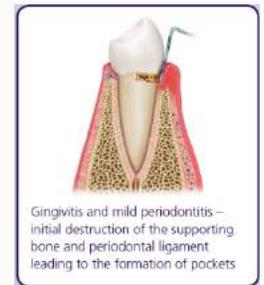
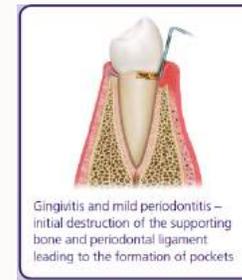
PERIODONTAL PROBLEMS

What is gum disease? Gum disease, also known as periodontal disease, is caused by a build-up of plaque on the teeth. If plaque is not regularly removed by brushing, the gums can become irritated and inflamed. Plaque which is not removed eventually hardens into a substance called calculus which is also irritating to the gums. Calculus has to be removed by your dentist or hygienist. Other factors come into play during life, such as smoking, hormonal changes, medications which cause a drier mouth and a genetic susceptibility to gum disease.



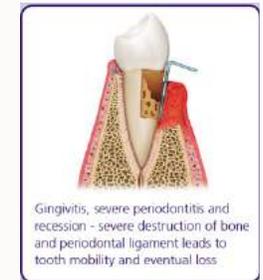
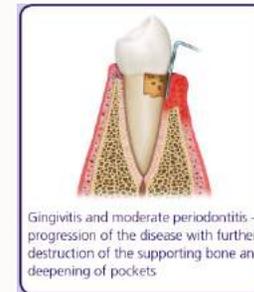
GINGIVITIS:

The early stage of gum disease is called gingivitis. The symptoms are swollen, red gums which bleed easily when you brush, floss or eat hard foods, such as apples. You may also notice an unpleasant or metallic taste in your mouth. A relative or friend may complain that you have bad breath. Gingivitis is reversible with



PERIODONTITIS:

If gingivitis is left untreated, it can develop into a more advanced stage of periodontal disease called periodontitis. If left untreated, periodontitis can lead to receding gums, loose teeth and eventual tooth loss.



Treatment Plan

The treatment of Periodontal diseases involves a holistic approach. Once the gum problems have stabilized and if further treatments need be done - these will be discussed and appropriately treated. All periodontal treatments are done on a **private fee** basis.

Phase I - deep scale

Phase II - supportive periodontal therapy

(3 monthly review/hygiene visit)



Why have I been given this leaflet?

You may have told the dentist that you taste and see blood when you clean your teeth, or that you feel that some of your teeth may be loose. Your dentist may have noticed that your gums bleed or that you need to improve your oral hygiene. Bleeding is a sign of gum disease

