

Periodontal Disease

What is Periodontal Disease?

Periodontal disease is an advanced stage of gum disease causing damage to the gums and the bone supporting the teeth.

How does it happen?

When plaque is **NOT** removed by brushing and flossing it migrates below the gum tissue and calcifies into tartar. Gums then may become red, swollen and start bleeding. Under the gum tissue (not visible to the eye) the bone that is supporting the tooth starts to break down.

What are the signs of periodontal disease?

At the start, you may notice that your gums become red or swollen and sensitive to touch. They may start to bleed when you eat or brush your teeth. As periodontal disease progresses to the more advanced stages, your gums may start to recede, teeth may shift causing crowding or spacing to develop, teeth may become mobile (wiggly) and bone loss becomes apparent on x-rays.

Can you cure periodontal disease?

NO. Once periodontal disease has started and bone loss has occurred you cannot get this bone back. You are only able to *prevent* the disease from either starting in the first place or from progressing to the advanced stages. Remember, your Dentist and Dental Hygienist are able to notice early signs of periodontal disease and inform you before it progresses to the advanced stages. If caught early, periodontal disease can be controlled, but not cured.



How do I prevent Periodontal Disease?

The first step and the most important is *Proper Home Care*.

1. Brushing 2-3 times a day for 2-3 minutes. Proper technique must be used to ensure your toothbrush is removing plaque at the gingival margin (where the gums meet the teeth) and a gentle touch should be used to ensure no trauma occurs to the gums.
2. Flossing. This is the *ONLY* way to clean between two opposing teeth and under the gums.

Know your Mouth. Be familiar with the way your gum tissues look like at a healthy state. Pay attention to redness, swelling and bleeding, as these are signs disease is present (may be gingivitis but could lead to periodontal disease).

Regular Dental Visits. Your Dentist and Dental Hygienist are able to remove tartar build up before periodontal disease starts. They are also able to notice early warning signs and give you instructions of what you can do to stop any progression.

**If you have any further questions please feel free to contact us at
905-508-2244.**