



Dentistry Manuals Pronova
Periodontics

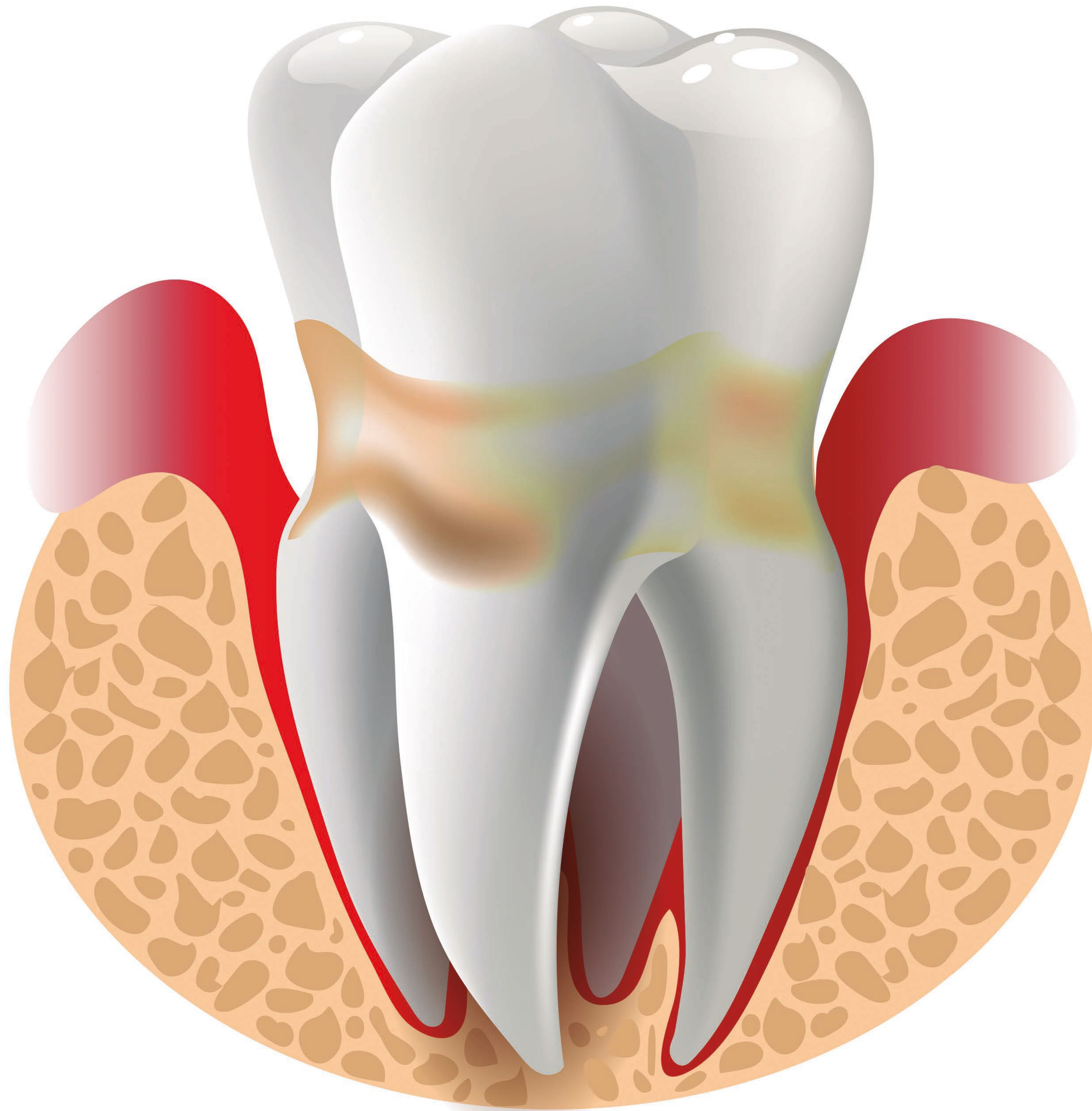
**Everything you need
to know about
gum diseases**

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The gums are often being ignored when it comes to taking care of the mouth, but... why? The reason is that some of the diseases of the gums are painless, and we are not even aware of having them. But even if we do not notice them, these diseases can become a serious issue because they can lead to tooth loss, so it is necessary to act as soon as possible and take care of them properly.

With this manual we want to help you learn more about **how to detect, prevent and treat gum diseases**.

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1 What are gingivitis and periodontitis?

Gingivitis is a chronic and painless disease that causes inflammation of the gums, and if left untreated can lead to periodontitis. **Periodontitis** is a serious painless, chronic disease that destroys the gum and the bone that surrounds the teeth. Epidemiological studies indicate that periodontitis is the first cause of tooth loss after 35 years.

2 What is the cause of periodontitis?

Periodontitis is caused by **bacteria that inhabit the mouth** and that constantly adhere to the tooth surface forming what we know as **bacterial plaque**.

Bacterial plaque is a film of bacteria firmly attached to the tooth that can only be removed by **meticulous brushing**. Eight hours after brushing, the bacterial plaque forms again, that is why dental brushing should be done in a disciplined way **every 8 hours** if we want to eliminate it effectively. Otherwise, the **bacterial plaque migrates into the gum**, entering the gingival sulcus (a space between the tooth and the gum) where tooth brushing is no longer effective. Once inside the gum, the bacteria release toxins that destroy the gum and the bone that surrounds the tooth, favoring tooth **mobility and tooth loss** over the years.

3

How do I know if I have periodontitis?

Periodontitis is a disease that usually shows some of the signs we list and describe below. However, it is also true that **some types of periodontitis do not show any type of signals**, which is why these diseases are difficult to detect by the patient. For this reason, periodontitis has been referred to as the **silent oral disease**.

The most prudent thing to do is to go to a specialized center on a regular basis, where an exploration called a **periodontogram** should be performed. Next, we describe some of the most frequent signs of periodontitis:

Pain: normally, periodontitis is NOT painful, many times the patient is not aware of suffering from it. If pain appears, it is usually of moderate intensity and centralized in several teeth.

Gum bleeding: it is one of the first signs of the disease. There are patients who report bleeding during brushing, when they chew or spontaneously. However, there are patients who have periodontitis and who do not show signs of bleeding.

Gum retraction: the destruction of the gum and bone leaves tooth roots exposed, producing tooth sensitivity to cold and heat. Similarly to bleeding, it is possible to have periodontitis without retraction of the gum.

Halitosis or bad breath: it is a consequence of the bacteria that are inside the gum and that release "malodorous" sulfides. 85% of halitosis is caused by periodontitis.

Dental mobility: it appears in very advanced periodontitis and is a consequence of the loss of the bone around the teeth.



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What does the treatment of gum diseases entail?

The treatment of the gums has 3 phases. The **first phase** aims to **eliminate bacteria** accumulated inside the gum. To do this, a highly specialized dental hygienist will make x-rays of your teeth to study the anatomy of the roots of the teeth, teach you special dental brushing techniques to control periodontitis and then proceed to deep disinfection of the inside of the gums with local anesthesia. This treatment is painless and does not cause discomfort due to the use of nitrous oxide.

The **second phase** aims to **recover the bone and gum** lost due to the disease. For this, we use microsurgery techniques where growth factors are placed that stimulate the development of the bone and gum that surround the tooth. This phase is optional and depends on the needs and wishes of the patient.

In the **third phase**, the patient must begin a **periodontal maintenance program**, through which we will periodically check and treat their teeth and the inside of the gums avoiding the reactivation of the disease.

5 Is gum treatment painful?

The treatment of periodontitis **is not painful**, since the treatment is performed with local anesthesia and nitrous oxide. After the treatment, a few hours later, discomfort can rarely appear, but in any case it can be controlled with ibuprofen.

6 Can I recover the bone lost as a result of periodontitis?

In most cases, the bone lost by periodontitis cannot be recovered. However, in some cases, a specialized periodontist **can reconstruct the bone** destroyed by periodontitis using microsurgery techniques and growth factors.

7 Is it possible to recover the gum lost as a result of periodontitis?

Similarly to lost bone, periodontics specialists **can recover** lost gums through **minimally invasive microsurgeries** in which we partially or totally recover the gum destroyed by the disease.





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Can I keep my own teeth for all my life?

In the past, it was common for people over 60 years old to no longer have teeth. However, now, thanks to the latest advances **it is possible to maintain the teeth**, even for patients with periodontitis.

To achieve this you must maintain a **level of rigorous oral hygiene** and stay supervised by gum specialists. A disciplined brushing is essential, **but not enough**. It is also necessary to have **periodic professional disinfection** that allows us to eliminate bacteria under the gum from the places not accessible with a toothbrush. According to the latest scientific studies, these two actions, carried out periodically, help **reduce the risk of dental loss by 78%**.

9

How should I take care of my gums to prevent or cure periodontitis?

Gum care requires **instruments, methodology and frequency**. The brushing of the teeth must be done with a **manual or electric brush**, but we must remember that the brush only cleans 2 of the 4 dental sides. The areas between teeth are not accessible with the brush, so you should use **interdental brushes or dental floss** at least 2 times a day.

It is important to mention that brushing has an objective to eliminate the bacteria attached to the teeth and not only the remains of the food. Therefore, we should rub the toothbrush and the interdental brushes against the tooth surface.

The use of **mouthwashes and rinses** should be understood as a support for brushing and never as a substitute. We should not reduce the number or the time of brushing because of the use of the mouthwash.

With regard to the **dental shower**, we must know that it is useful to eliminate food on the teeth, but does not eliminate bacterial plaque, so it should never be a substitute for brushing.

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How to choose the center for the treatment of my gums?

Today there are many dental centers that offer "treatment of the gums" and therefore the patient might have difficulty making the right decision. **If you think you have a gum problem** or want to know if you have periodontitis we advise you to read these **5 key points** to avoid mistakes:

1. Do not go to clinics that offer low prices: A periodontal treatment performed with techniques, materials, instruments and adequate knowledge usually ranges between € 400 and € 800 depending on the number of sessions and the severity of the disease. If the prices are lower, it is possible that the clinic is not specialized in this field, or that the treatment is not carried out with the necessary requirement to achieve an appropriate control of the disease. Without a rigorous treatment, the risk of the disease continuing is higher thus increasing the risk of tooth loss.

2. Look for dental clinics and qualified professionals, with extensive experience and a consolidated reputation over the years: The success of the treatment of the gums is related to the experience and knowledge of the dentist. The loss of teeth due to mobility and periodontitis is rare if you are in good hands. When you choose a center, ask about its reputation, its trajectory, about continuous training of its human team and academic skills of the professionals who work there.

3. Go to a specialized center that has specialists with a university degree of 2-3 years in periodontics: Although a general dentist can treat gum diseases, the knowledge of a specialist in periodontics will always be wider, so the detection, prevention and treatment of your gum diseases will be more comprehensive and complete.

4. On your first visit to the center, the dentist must perform x-rays of your gums and make a map of the gum pockets called periodontogram (see FIGURE 1). This map of your gums is essential to know if you have periodontitis and at what stage it is. Without these two tests, it is difficult to make an adequate diagnosis.

5. Visit the dental clinic and meet the professionals: If necessary, go to at least two centers to compare the care and information you receive. The choice of dental clinic is based on many sensations that you can notice in the visit to the center: facilities, technology, punctuality, humane treatment, order, organization, time, the content of the analysis of your case and above all, the information received from professionals. Highly qualified professionals are discovered in a personal manner and therefore we recommend that you know them personally.

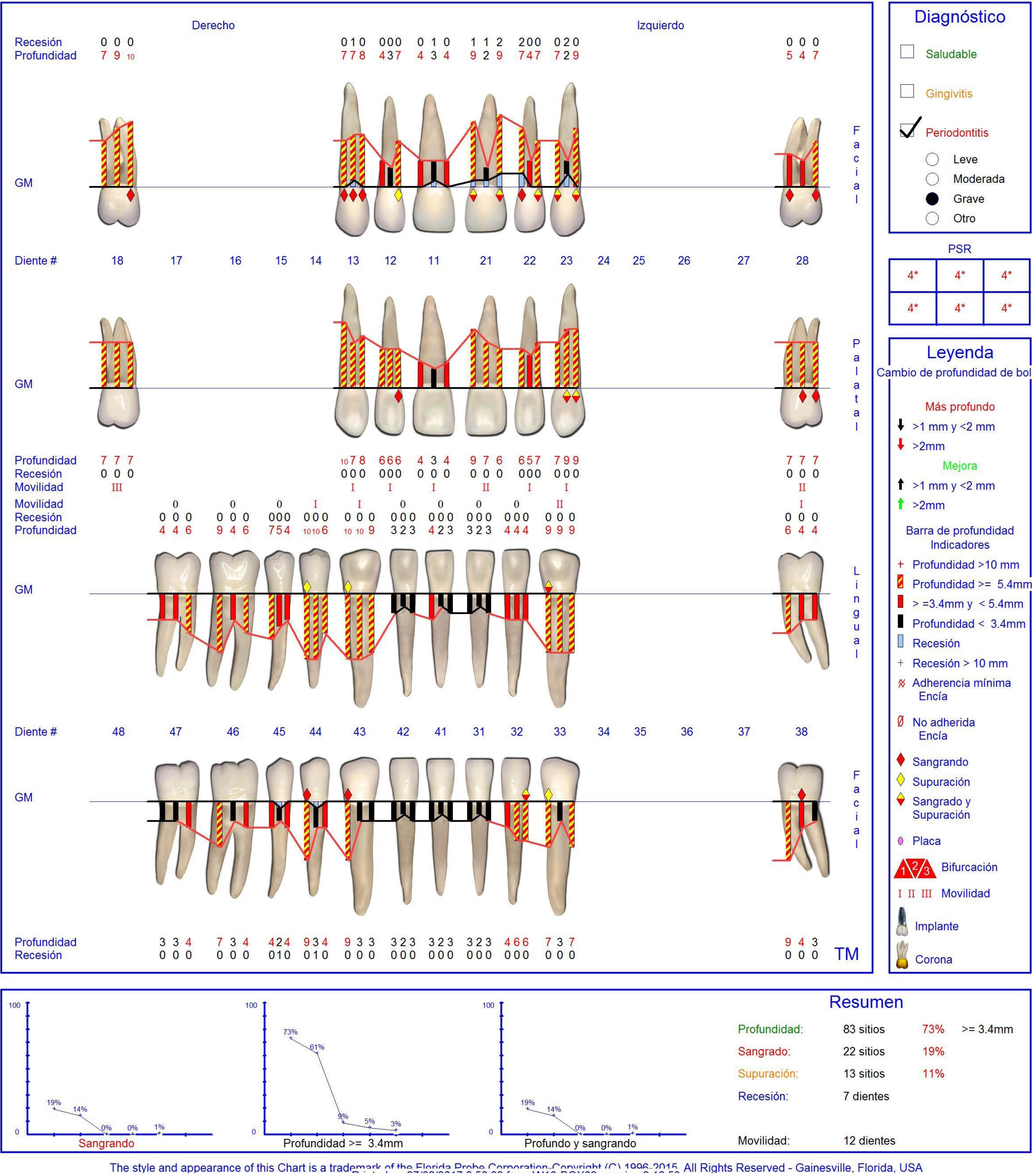


FIGURE 1. Periodontogram



We hope that the content of this manual has helped you solve your doubts about gum issues. If you need more information we encourage you to send us your inquiries to our email **info@clinicapronova.com**, call us **(971 763 764)** or ask us directly through our **social media pages**.

We will be happy to help you.

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