



3oneone
dental care

A warm and friendly dental practice, offering the highest quality treatment, the latest techniques, matched with preventative measures, all of which make you smile



gum disease
explained



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What is gum disease?

Gum disease is inflammation of the tissues, which support your teeth. In the early stages it is called gingivitis. In some people this progresses to periodontitis, which can result in tooth loss if left untreated. Gum disease is the chief cause of bad breath.

Smiling tones up the muscles in your face giving it a natural lift

How can I prevent gum disease?

Gum disease is caused by the accumulation of a film of bacteria called plaque on the tooth surface. If left for a few days plaque can harden to form tartar, which cannot be removed by tooth brushing. The most important factor in preventing plaque build-up is thoroughly brushing your teeth twice a day.

Smiling at a sad looking stranger can totally alter their mood

How susceptible am I to gum disease?

Not everyone has equal susceptibility to gum disease. Some people with poor oral hygiene do not experience problems, while others who fastidiously clean their teeth may suffer severely. Most people are somewhere between these two extremes. People who smoke, those with uncontrolled diabetes and pregnant woman are more prone to gum problems.

How can a dental hygienist help?

A dental hygienist is trained specifically to show you how to clean around your teeth and to remove all tartar. A hygienist works in conjunction with your dentist to prevent gum disease and to treat existing problems. The number and timings of visits will depend on your specific needs. So visiting your hygienist and dentist routinely and following their suggestions, can help prevent gum disease.

If you smile right now it will make you happy and put you in a positive frame of mind. It's true!

What care will I need if I do have gum disease?

Some patients require advanced care by their dentist, to bring severe gum disease under control. Treatment can take several months to complete. Occasionally we will recommend treatment with a specialist. In all cases the way you care for your teeth at home can greatly effect the outcome of treatment.