



LAXSH

# Hygienist



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Your dentist has noticed that you have signs of an Active Bacterial Infection; this is better known as Gum Disease (Gingivitis or Periodontitis).

Gum disease causes:

- red and inflamed (swollen) gums
- bleeding gums when brushing teeth

Gum disease is usually caused by a build-up of plaque on the teeth. Plaque is a sticky substance made up of bacteria. It is usually removed by brushing the teeth but, if it builds up, the bacteria can irritate the gums and cause inflammation (swelling).

Periodontitis is a more severe form of gum disease. In periodontitis, the inflammation that affects the gums also affects:

- the tissue that connects the tooth to the tooth socket, called the periodontal ligament
- the bone in the jaw that contains the sockets of the teeth, called the alveolar bone

Periodontitis can cause a gap to develop between the tooth and the gum, making the tooth feel loose and, in some cases, fall out.

These conditions can be avoided by good oral hygiene and regular visits to your hygienist. However, once these conditions have started in your mouth it takes a visit to your hygienist to help.

We advise seeing our hygienist at least twice per year; she will give your teeth a thorough clean and flush out the areas deep below the gum line where the bacteria like to build up. She will also advise you on the best way to be looking after your teeth at home.

Unfortunately once you have gum disease it will never go altogether, but with regular hygiene visits we can help to maintain a stable condition and keep hold of those teeth for as long as possible.



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