



**SIMPLY
PERIODONTICS**
Specialist Periodontics Practice

INFORMATION FOR PATIENTS



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Welcome to Simply Periodontics, a referral clinic, providing high quality treatment for periodontal (gum) disease.

At **Simply Periodontics** we use the most up to date techniques and advice for our patients to ensure that the best standard of periodontal care is achieved.

A Periodontist is a dentist who specialises in the prevention and treatment of Gum Disease. Whilst all dentists will have been trained in the diagnosis and treatment of the disease. It is common practice to refer more complex or severe cases to a periodontist or a dentist with special interest in Periodontics.

Periodontal Disease or 'Gum' Disease is a very common condition in which the gums and deeper supporting structures become red and inflamed. Left untreated, progression of this disease leads to the loosening and potential loss of the teeth.

If you require treatment or advice for your gum condition, your dentist will make a referral. You may also contact us directly to arrange a consultation.

YOUR FIRST CONSULTATION APPOINTMENT

At this appointment, you will have a full periodontic assessment and the opportunity to discuss your treatment including any concerns or questions you may have. Following your assessment, a treatment plan including options and costs will be provided before your treatment commences. Rest assured that you will remain registered with your own dentist and at the SIMPLY PERIODONTICS clinic you will only receive advice and treatment relating to the periodontic treatment for which you have been referred. We will send details of the treatment you have received at SIMPLY PERIODONTICS to you and your dentist.

At **Simply Periodontics** it is important to us that patients:

- Feel comfortable and satisfied with our service before, during and after treatment
- Fully understand the stages of the treatment outlined in the treatment plan as well as the costs involved (these will be discussed at the initial consultation appointment)
- Feel able to contact us at any time with queries
- Be assured that by choosing us to provide your periodontic treatment that your registration with your regular dentist will not be affected.

FREQUENTLY ASKED QUESTIONS

WHAT IS PERIODONTAL (GUM) DISEASE?

In summary, Periodontal Disease or 'Gum Disease' is a very common condition in which the gums and deeper supporting structures become red and inflamed. There may also be some bleeding of the gums during tooth brushing/flossing. This stage is called 'gingivitis' and can be reversed with treatment from your dentist and good oral hygiene. Inflammation develops when a layer of bacteria and food debris, known as plaque, builds up and is left undisturbed on the teeth and hardens into calculus. This build up tends to occur commonly in hard-to-reach areas such as between the teeth. If gingivitis is left untreated, the disease may then progress into Periodontitis where plaque and calculus build up

below the gum line creating pockets (increased space) between the teeth and gums. As the disease progresses further, the pockets get deeper and the supporting bone is lost, eventually leading to loosening and potential loss of teeth.

WHAT ARE THE SYMPTOMS OF PERIODONTAL DISEASE?

It is largely a silent and painless disease, so it is possible to have no obvious symptoms. However, patients with more advanced periodontal disease may experience some of the following symptoms:

- Red, swollen, tender or bleeding gums
- Deep pockets around the teeth
- Loose or moving teeth
- Tooth sensitivity to heat/cold
- Receding gums around the teeth (teeth look longer)
- Missing teeth
- Bad breath or bad taste
- Spaces between the teeth

WHAT CAUSES PERIODONTAL DISEASE?

Around 40% of the population is susceptible to periodontal disease due to a lowered resistance to periodontal bacteria. This causes a continuing gum inflammation as the disease progresses. The main factors that can cause a dramatic increase in the severity of your periodontal disease are:

- Poor oral hygiene
- Genetic factors
- Stress
- Smoking
- Diabetes
- Chronic illness

HOW IS PERIODONTAL DISEASE TREATED?

The aim of treatment is to halt the progression of the disease and to restore and maintain gum health. The specific treatment depends on the type and stage of the disease and this will vary according to each patient's individual needs. Following your initial assessment, we will discuss the treatment options available to you.

In most cases, the first step of any treatment is to remove the plaque and calculus deposits from beneath the gum line and to prevent it from coming back. This is called 'debridement', which is done under local anaesthetic and allows the gum tissue to heal and reattach. If the disease has been left untreated for a long time, treatment can be more difficult and take longer.

Maintenance therapy or supportive periodontal therapy is an ongoing program designed to prevent periodontal disease from recurring in patients who have undergone periodontal treatment. This ongoing phase will allow assessment of your health and make sure that infection stays under control.

Successful periodontal treatment requires your full co-operation and commitment to your daily oral hygiene practices as well as attendance at regular follow-up appointments.

HOW CAN PERIODONTAL DISEASE BE PREVENTED?

Regular dental examinations and screening for pocket formation and bone loss will help. You must remove plaque from your teeth and gums every day with proper brushing and flossing. In addition, professional cleaning needs to be carried out at least twice a year. The frequency of professional cleaning will depend on your individual needs. If your dentist suspects periodontitis an appropriate referral should be made as soon as possible.

SIMPLY PERIODONTICS - CLINICAL LEAD

B A Varghese BDS MFDS RCS (Eng) MClintDent (Perio) MPerio RCSEd
Specialist Periodontist | GDC Registration Number: 105566

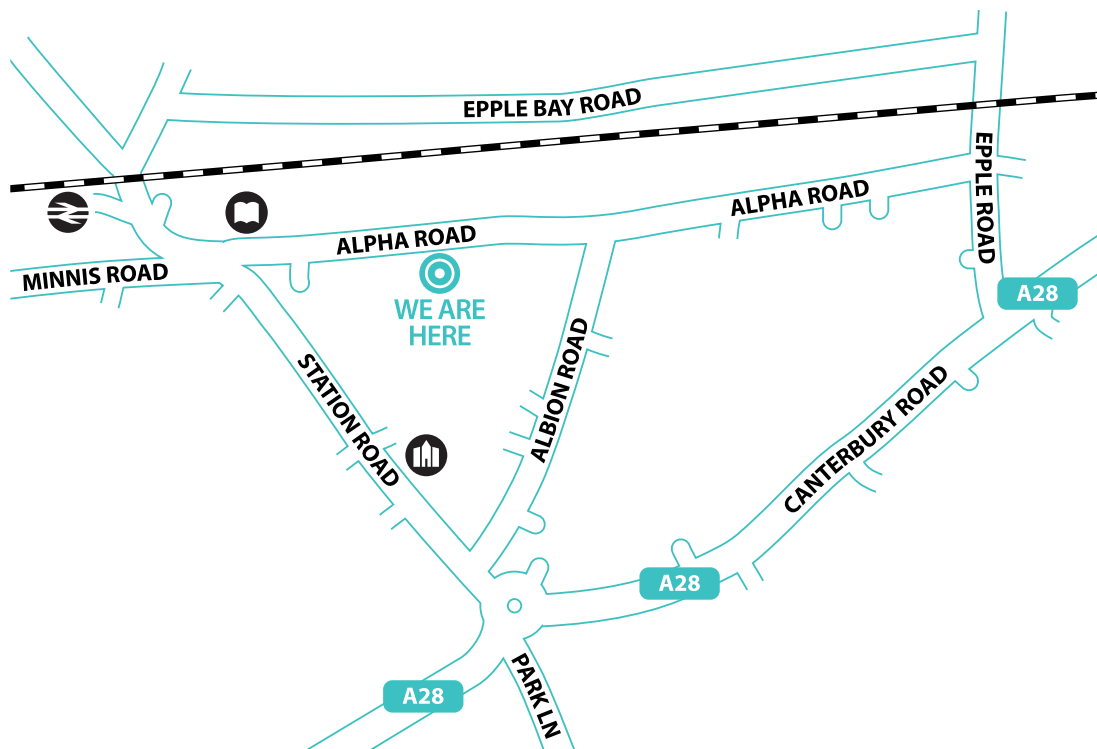


Bobby Varghese qualified with a Bachelor of Dental Surgery (BDS) in 2002 and gained his MFDS from the Royal College of Surgeons (England) in 2007. In 2010, he completed a postgraduate certificate in Restorative Dental Practice at the Eastman Dental Institute, London and has had broad training in hospital dentistry.

Bobby spent several years working in general practice gaining a wide range of experience and this is where he developed an interest in Periodontics. He completed his specialty training in Periodontics at Guy's Dental Institute, London and had successfully completed the MClintDent from King's college, London and the MPerio from The Royal College of Surgeons of Edinburgh. Bobby's work focuses around the treatment of gum disease, gum recession, gum disease around implants and implant dentistry.

Bobby is a member of the British Society Of Periodontics and currently chair of the Early Career Group of the society. Having lived and worked in Kent since 2010, he is delighted to be able to offer a dedicated periodontic service in the local area.

HOW TO FIND US



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