



Ali graduated from King's College London and has since gained a diverse background of clinical experience. He completed further training as a house officer in Oral and Maxillofacial Surgery at the William Harvey Hospital, and in Restorative Dentistry at Cardiff Dental Hospital, where he also taught undergraduate students.

Ali is a member of the Joint Dental Faculties with the Royal College of Surgeons of England and the British Society of Periodontology.

He has published multiple papers in international journals and obtained a Masters Degree in Primary Dental Care. His research focuses on gum disease around dental implants.

Currently, Ali is undertaking his 4-year specialist training in Periodontology at King's College London and spends three days a week treating patients with advanced periodontal disease at Guy's Hospital alongside internationally acclaimed periodontists. Using evidence-based techniques, Ali is committed to helping patients achieve healthy, firm, and comfortable teeth and gums for as long as possible.

When not in the surgery, Ali enjoys exploring his interests in history and philosophy, as well as hiking and paddle-boarding around the beautiful local countryside.

## THE PERIODONTAL CONSULTATION BY SEYED ALI TARJOMANI

### Why have I been referred?

Your dentist has identified signs of gum disease around your teeth, prompting this referral for a thorough and detailed assessment of your gums to determine the precise extent and severity of the condition. Ali will conduct a comprehensive evaluation to gain a complete understanding of your oral health status. Our goal is to work in partnership with you to optimise your long-term oral health and help ensure the longevity of your teeth and gums.

### What is gum disease?

Gum disease initially begins as a reversible inflammation of the gums around the teeth, which is referred to as gingivitis. Gingivitis is triggered by the daily plaque which accumulates around the teeth.

This inflammation of the gums can progress in severity over time, resulting in the gradual loss of bone around the teeth. If left untreated, this progressive bone loss causes teeth to become loose, ultimately culminating in infection and tooth loss. This more severe inflammation is known as Periodontitis.

Whilst the majority of patients never progress beyond having gingivitis, a minority of patients are more susceptible to developing periodontitis and require more advanced treatment beyond routine hygienist maintenance in order to prevent the loss of further bone around their teeth.

Unfortunately, even severe gum disease can progress without any obvious symptoms until multiple teeth start to become loose, at which point management can become much more challenging.

## Your Periodontal Consultation

- 📖 During your appointment with Ali, a thorough evaluation of your oral health will be conducted, including clinical, photographic and radiographic assessments to accurately diagnose and classify the extent and severity of your gum condition.
- 📖 Following the assessment, Ali will provide a detailed explanation of the findings, taking into consideration your goals and concerns. He will also discuss various strategies available to manage the disease process.
- 📖 After the consultation, you will receive a written report that outlines the assessment findings, summarizes the discussion and includes a comprehensive breakdown of any necessary treatment.

## How do you treat gum disease?

Gum disease is a complex condition caused by the body's response to bacteria present at the junction between teeth and gums known as plaque. This plaque can harden into calculus (tartar) through mineralisation by saliva, making it difficult to remove and promoting further plaque accumulation.

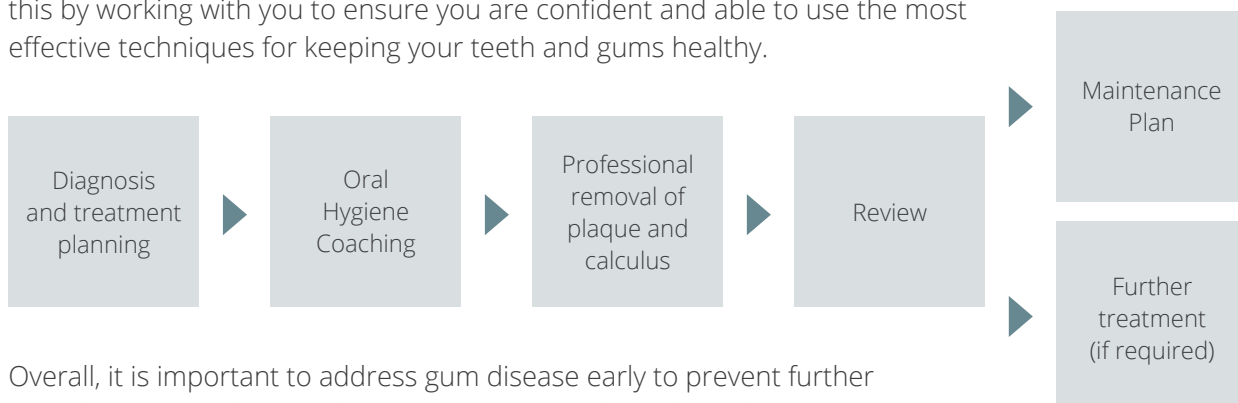
### EFFECTIVELY TREATING GUM DISEASE REQUIRES A COMPREHENSIVE APPROACH THAT COMBINES TWO CRUCIAL COMPONENTS:

I. Implementing excellent daily oral hygiene to optimise plaque removal from tooth surfaces

II. Professional removal of the plaque and calculus from around your teeth and under your gum.

In some more severe cases, multiple courses of treatment may be required. This may occasionally require gum surgery, sometimes with grafting materials, in order to save highly compromised teeth.

Our treatment philosophy is to achieve the most predictable results with as little treatment as possible, and to empower you to maintain optimal long term oral health without requiring advanced long-term treatment. The key to achieving this is optimising your oral hygiene, and we will facilitate this by working with you to ensure you are confident and able to use the most effective techniques for keeping your teeth and gums healthy.



Overall, it is important to address gum disease early to prevent further complications, and we are here to support you throughout the process. Please do not hesitate to ask any questions or express any concerns during your appointment with Ali.

### Seyed Ali Tarjomani

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