Periodontal of Gum Disease: A Short Communication

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Short Communication

Periodontitis, also known as gum disease, is a severe gum infection that affects the soft tissue and can kill the bone that protects the teeth if left untreated. Periodontitis may result in teeth loosening or tooth loss. Gum disease (periodontitis) and tooth brushing trauma are two common causes of receding gums. If periodontal disease is the cause, treatment entails treating and stabilizing the disease to prevent further damage. If tooth brushing trauma is the cause, prevention could be more difficult because changing brushing habits may be difficult.

Suggestions for the prevention of tooth brushing trauma:

1. Inquire with your dentist about the right toothbrush for you, which would most likely be an electric brush with a pressure sensor or a soft-textured toothbrush with a small brush handle. Toothbrushes made for sensitive teeth are particularly effective at preventing tooth brushing trauma.
2. Begin by brushing the areas of the body that have seen the least amount of recession. The inside surfaces of the back teeth are often present in these regions. The toothbrush will likely be softer when you move on to brushing the outer surfaces of the teeth, and brushing pressure can be decreased at this stage.
3. Ask your dentist to show the proper brushing technique; you should not avoid brushing the gum margin because this can cause gum inflammation, but you should use caution to avoid further harm.
4. As soon as the edges of your toothbrush begin to fray, replace it (typically by 3 months of use). Wearing and fraying toothbrush bristles because more harm and are less effective at cleaning. Your toothbrush can fray less quickly if you improve your tooth brushing technique.
5. Avoid using toothpastes that are extremely abrasive, such as whitening toothpastes for smokers or charcoal toothpastes.
6. Brushing twice per day, once last thing at night and on one other occasion. Brush for a total of 2-4 minutes. Brushing too much (more than 3-4 times a day) can lead to increased recession.

Since drinking orange juice or other acidic foods, stop brushing your teeth. If you already have gum recession, the weaker tooth root surfaces are exposed to the mouth's pH conditions, which are created by eating a variety of foods. An acidic oral environment makes these root surfaces especially fragile. Brushing the exposed root surfaces after eating or drinking acidic foods or beverages may cause tooth decay. This can trigger wear concavities, which your dentist would need to fix.

The tips above will help you avoid tooth brushing trauma and include adjustments to prevent further gum recession. Successful preventative steps are used to resolve the primary cause of gum recession. Responsive teeth are a common sign of recession. Sensitivity can be managed by using desensitizing toothpastes, fluoride gels, varnishes, and mouthwashes. Surgical procedures to substitute gum where it has been lost may be suggested if the recession is affecting appearance, making the teeth more sensitive, or affecting the ability to clean effectively. Gum recession is a serious issue that should not be overlooked. If you believe your gums are receding, contact us to talk with a member of our friendly team and arrange an appointment with a periodontist.

Treatment for gum disease

The aim of gingivitis treatment is to recognize and remove the factors that make a person more vulnerable to gum disease. The majority of causes can be reduced or removed by practicing more consistent and comprehensive oral hygiene and receiving skilled dental cleanings. If there are certain risk factors such as smoking or uncontrolled diabetes that are contributing to the gum disease, they need to be addressed or eliminated to have success in reversing gingivitis. After the plaque and tartar are removed by a dentist or dental hygienist, the patient can usually eliminate gingivitis by brushing and flossing after every meal. Under the supervision of a dentist, a patient can use a prescription mouth rinse that specifically targets oral bacteria that cause gum disease. This is especially helpful in patients where conventional oral hygiene practices like brushing and flossing are impaired due to age or special needs. Patients with gingivitis who have developed periodontal disease who have deep pockets that are difficult to clean may require deep scaling and root planning to clean teeth surrounded by deep pockets. They can need surgical surgery to obtain access to all tooth surfaces in order to clean them thoroughly. This surgical technique is known as flap surgery, and it can be paired with pocket-reduction surgery to make it easier for the patient to brush and floss around the teeth. The gums are numbed before being lifted back to expose and clean the teeth, as well as occasionally reshape the bone. The gums are then repositioned around the teeth so that the deep pockets that existed prior to treatment are no longer present. Root surfaces exposed by receding gums are covered with soft-tissue grafts. This can help to remove sensitive teeth and secure the weaker, more difficult-to-clean root surfaces. Another treatment choice for improving gum health is laser therapy. A soft-tissue laser is used to treat the gum pocket, which helps to kill harmful bacteria deep inside the periodontal pockets, extract unhealthy tissue, and promote healing.

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