

Information and Consent for Periodontal Treatment

Periodontal treatment is a dental procedure during which the teeth are cleaned above and below the gums. The intended benefits of the procedure include reducing/stopping active periodontal disease (also called gum disease) aiming to prevent the loss of teeth. Gingivitis and Periodontitis is the two most common form of gum disease we see in the practice

What is gingivitis?

Within our mouths we have hundreds of thousands of bacteria this is called a 'Biofilm/Plaque'. These are sticky, highly adherent and are all over our teeth, gums, lips, cheeks, and tongue. Even people who brush and clean their mouths well will still have these bacteria. By keeping the mouth clean with (electric) toothbrushes, interspace brushes and floss, we can keep biofilms to a minimum. However, if oral hygiene is lacking biofilm build up substantially. This thicker biofilm full of bacteria (plaque) will trigger the body's inflammatory responses and lead to bleeding gums and irritation also known as gingivitis. This is a reversible gum condition.

What is Periodontitis?

Periodontal (gum) disease is caused by bacterial toxins which damage the supporting structures around the teeth causing irreversible damage to the supporting bone and premature tooth loss. Periodontitis is when the supportive mechanisms of

the teeth such as tooth bone, gum fibres which help support teeth in its place breakdown due to bacterial provoked inflammation. Gingivitis often is a precursor to this condition. If we clean our teeth better and see the dentist/hygienist at the stage of gingivitis, most of the damage to gum tissue and bone is preventable.

How did I get this?

Most patients who develop periodontitis have a certain degree of genetic predisposition. However, this alone will not lead to periodontitis and the patient's environmental factors will have a substantial role to play. These environmental factors could be poor oral hygiene, smoking, stress, uncontrolled diabetes, or other health related issues.

Can it be cured?

Gingivitis is reversible if good oral hygiene is maintained at home. Regular visits to the dentist or hygienist for a check-up, oral hygiene advice and picking up problems at an early stage will help. Periodontitis cannot be cured but managed with professional help. Periodontitis is a more advanced stage of gum disease. Bone loss and loss of supportive tissues is irreversible. However, with regular professional care and excellent self-performed oral hygiene this can potentially be stabilised, and future bone loss and teeth loss can potentially be prevented.

Will I lose all my teeth?

If periodontitis is left untreated, this can potentially lead to loss of all supportive structure around the affected tooth/teeth. Due to lack of bone, the tooth can become mobile, sensitive and difficulty in chewing can be experienced. This process may eventually lead to failure or loss of tooth/ teeth.

What sort of treatment can I expect?

The treatment proposed is set out to ensure the condition is brought under control, stabilised, and monitored closely to prevent recurrence and further deterioration to your periodontal (Gums & Bone) health, to prevent premature tooth loss and help in the retention of your natural teeth, prosthesis, prosthetic abutments (supporting teeth to dentures, bridgework, crowns) and dental implants.

Treatment of periodontics is often divided into stages. This varies from person to person.

Stage One: Hygiene Phase Therapy Initial consultation: This stage of treatment if mainly focused on improving your oral hygiene to the highest standards by self-care at home. Things we may cover but not limited to: Oral hygiene instructions, review/take X-rays, clinical examination consisting of gum pocket depth measurement, bleeding scores, looseness of teeth, gum shrinkage, discussion on diagnosis and prognosis of disease, discussions on treatment options, costs, likely outcomes, and long-term plan etc.

Stage two: Non-Surgical Periodontal Therapy Phase
 Treatment for periodontal disease (Gum disease) may be carried out with/ without local anaesthetic, using mechanical and/or hand instruments to flush out the gums and remove the tartar (calculus), bacterial plaque & toxins along the root of the affected tooth/teeth. The proposed treatment may take anything between 1-4 appointments, all of which depends on the severity and complexity of the disease you have. All of this will be discussed with you during stage one appointment, and you will be given written estimates of the costs involved.

Stage three: Supportive Care Therapy Supportive care therapy is to support you during the healing phase of the treatment and to make sure that you are doing your best with plaque control at home. We also check if your gums are healing well, inflammation & bleeding is settling down and keep an eye on your progress. As well as those, patient related factors such as how your mouth feels now, whether you feel happy and confident with your teeth/gums and if you feel competent to look after your mouth yourself by plaque control at home will be discussed. 3 If we manage to get your disease under control, then you move to “maintenance phase” In some cases (mostly advance/complex and non-responding cases), we may need to repeat the nonsurgical treatment here in non-responding areas and/or may need to refer you to specialist for further non-surgical treatments/ surgical treatments.

Risks, Benefits and Alternative Options:

Expected complications

- Numbness lasting a few hours.
- Possible discomfort, swelling and bruising lasting a few days.
- Increased sensitivity to cold, hot or sweet stimuli. (Which may require further treatment or diminish with time)
- Requirement for maintenance cleaning in the future.

Common risks and complications

- Trauma to other parts of the mouth including teeth, gums, cheeks, tongue etc.
- Some teeth will have increased sensitivity for some time after the procedure. Possible risk of abscess (gum infection)
- Gum recession and exposure of the root surface. It might create black triangles in between your teeth. Rare risks and complications
- Trauma to tissues underneath the tooth including bone, sinus, nerves supplying other teeth etc.

Benefits:

- Periodontal treatment ensures adequate steps are taken to prevent further destruction to the supporting tissues around the teeth.
- To reduce some of the causes of periodontal disease to a level manageable by my own immune system.

- Prevents widening of the interdental spaces and drifting of the teeth.
- Ensures that further progression is prevented and monitored closely

Alternative options

1. Referral to a specialist in this field may be recommended
2. Regular hygienist visit (scaling polish) as a cosmetic option- full resolution of periodontal disease cannot be achieved by this solely.
3. Treating the tooth in a different way such as extraction.
4. Refusing treatment but this will result in a high risk of further loss of gum strength ultimately leading to loss of some teeth. NB There has been some evidence to suggest an association or increased risk of Untreated gum disease with potential greater risk of Heart Disease, Stroke, Diabetes, respiratory disease, artificial joint failure, prosthesis failure and complications in pregnancy.

Treatment Accepted	Treatment Refused
Name:	
Signature:	
Date:	