

Periodontal Disease / Gum Disease

Periodontal disease is a bacterial infection that destroys the attachment fibres (gum) and supporting bone that hold the teeth in the mouth.

The main cause is the build up of bacterial plaque A sticky colourless furry film that constantly forms on the teeth.

If not removed plaque hardens to form tartar which cannot be removed with brushing or flossing at home.

Smoking, Diabetes and Pregnancy can also contribute to the development of Periodontal Disease.



SIGNS:

Wobbly teeth

Appearance of long teeth
(Receding gums)

Bleeding with brushing/flossing

Bad breath

Red puffy gums

TREATMENT:

Excellent plaque removal at home

Using an Anti-bacterial mouth wash

Regular dental **hygiene visits** to remove tartar and monitor disease

Brushing correctly

Flossing regularly

Our Hygienist



Rosie James
BOH (Otago)

The dental hygienist's primary task is the prevention and non-surgical treatment of periodontal diseases.

A dental hygienist assists and guides home care so patients' can maintain their oral health as an integral part of their general wellbeing.

WHAT DOES A HYGIENIST DO?

- Diagnosis of periodontal disease with appropriate referral when necessary
- Provides oral health education
- Removal of plaque/tartar from above and below the gums that cannot be removed by a toothbrush or floss at home. The Dental Hygienist uses a high frequency instrument called an ultrasonic scaler to remove this buildup.
- Placement of local anesthetic where necessary
- Prophylaxis polish to remove surface staining on tooth surfaces that can be caused by smoking or drinking coffee/tea.
- Advise you regarding whitening procedures.

To make an appointment with our Hygienist just speak with our receptionist.

Sara van Polanen Petel is available for appointments
Mondays / Tuesdays / Thursdays at Team Dental Tauranga
Wednesdays / Fridays at Team Dental Papamoa

\$100 per 45 minute appointment

(we do offer a discount for super gold card holders)