



Affinity Dental Care &
Implant Centre

Guide to Gum Disease

What is gum disease?

Gum disease describes swelling, soreness or infection of the tissue supporting the teeth. There are **two** main forms of gum disease: gingivitis and periodontal disease.

What is gingivitis?

Gingivitis means inflammation of the gums. This is when the gums around the teeth become very red and swollen. Often the swollen gums bleed when they are brushed during cleaning.

What is periodontal disease?

Long standing gingivitis can turn into periodontal disease. There are a number of types of periodontal disease and they all affect the tissue supporting the teeth.

As the disease gets worse the bone anchoring the teeth in the jaw is lost, making the teeth loose. If this is not treated, the teeth may eventually fall out.



We want to do everything we can to make sure you know the signs of gum disease. If you think you are having symptoms, please get in touch with us today.



01452 526 526



reception@affinitydentalcare.co.uk



www.affinitydentalcare.co.uk



22 Cheltenham Road,
Gloucester, GL2 0LS

Am I likely to suffer from gum disease?

Probably. Most people suffer from some form of gum disease, and it is the major cause of tooth loss in adults.

However, the disease develops very slowly in most people, and it can be slowed down to a rate that should allow you to keep most of your teeth for life.

What is the cause of gum disease?

All gum disease is caused by **plaque**. Plaque is a film of bacteria which forms on the surface of the teeth and gums every day.

Many of the bacteria in the plaque are completely harmless, but there are some that have been shown to be the main cause of gum disease.

To prevent and treat gum disease, you need to make sure you remove all the plaque from your teeth every day. This is done by brushing and flossing.



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What happens if gum disease is not treated?

Unfortunately, gum disease progresses painlessly on the whole so that you do not notice the damage it is doing.

However, the bacteria are sometimes more active and this makes your gums sore. This can lead to:

- Gum Abscesses
- Oozing Pus
- Tooth Loss

If left untreated for a long time, treatment can be more difficult.

How do I know if I have gum disease?

- Blood on toothbrush
- Rinsing blood after brushing
- Bleeding gums
- Bad taste in your mouth
- Unpleasant breath



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What do I do if I think I have gum disease?

The first thing to do is visit your dentist for a thorough check up of your teeth and gums. The dentist can measure the **“cuff”** of gum around each tooth to see if there are any signs that periodontal disease has started.

X-rays may also be needed to see the amount of bone that has been lost. This assessment is very important, so the correct treatment can be prescribed for you.

What treatments are needed?

Your dentist will usually give your teeth a thorough clean. You'll also be shown how to remove your plaque successfully yourself, cleaning all the surfaces of your teeth thoroughly and effectively.

This may take a number of sessions with the dentist or hygienist.



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What else may be needed?

Once your teeth are clean, your dentist may decide to carry out further cleaning of the roots of the teeth, to make sure that the last pockets of bacteria are removed.

You'll probably need the treatment area to be numbed before anything is done. Afterwards, you may feel some discomfort for up to **48 hours**.

Once I have had periodontal disease, can I get it again?

Periodontal disease is sadly never cured, but as long as you keep up the home care you have been taught, any further loss of the bone will be very slow and it may stop all together.

However, you must make sure you remove plaque every day and go for regular check ups by the dentist and dental hygienist.



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Meet Our Clinical Director & Principal Dentist

Dr. Peter Workman BDS - A Dedicated Dental Professional

Dr. Peter Workman is the Practice Owner and Clinical Director at Affinity Dental Care & Implant Centre. With a wealth of experience and expertise in the field of dentistry, he has placed thousands of dental implants, establishing himself as a leading figure in dental care.

Hailing from Scotland originally, Dr. Workman relocated to the area in 2000, bringing his talents and commitment to the local community. Over the years, he has pursued a myriad of advanced courses, showcasing his unwavering passion for the field of dentistry.

One of Dr. Workman's standout qualities is his delightful sense of humour, which not only refreshes the atmosphere but also creates a comforting environment for his patients. He takes great pleasure in getting to know and personally caring for each of his patients, building strong, lasting relationships in the process.

Dr. Workman's dedication to learning is evident in his commitment to ongoing professional development. He is ardent about expanding his knowledge and expertise and believes in sharing this wealth of information to enhance the collective skills of his dental team. In this spirit, he also serves as a mentor to fellow dentists, nurturing their growth and advancement in the field.



Outside of the dental realm, Dr. Workman leads a fulfilling life. He enjoys the thrill of skiing, cherishes quality time spent with family and friends, and finds joy in exploring the outdoors on two wheels. His adventurous spirit extends beyond the dental office, making him a well-rounded individual with a zest for life.

Dr. Peter Workman is the embodiment of a dedicated dentist who brings a touch of humour and warmth to his practice. His commitment to ongoing learning, patient care, and mentoring within the dental community has made him a respected and beloved figure in the profession.



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