

## Who are the Hygienists?

Our main Hygienist is called Nur and she works alongside Tina, a dental Hygienist who is also a dental Therapist too.

## When are the Hygienists available?

Monday to Friday from 7.30am. to 7.30pm. Saturday from 7.30am. to 5.30pm.

## Do I always need to see the Dentist if I see the Hygienist?

No, but it is better if you also have regular examinations as recommended by the dentist.

## Do I really need to floss?

Yes of course, and every day!!!

## What is Gum Disease?

Gum disease comes in many different forms. Most adults have a small amount of gingivitis and it is localized and related perhaps to one particular area.

Periodontal disease is the most severe and destructive form of gum disease and results in Bad Breath, Loose Teeth and Tooth Loss.



Gum disease describes swelling, soreness or infection of the tissues supporting the teeth. There two main forms of gum disease: Gingivitis and Periodontitis.

## 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.

### For more information

Please call The Hub Dental Practice on 01908 690326

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Love Your Smile

# The Hub Dental Practice



Love Your Smile

**Dr David Gilmartin & Dr Jaime De Castro Torres, Dental Surgeons**  
**Dr Monica Cueva Moya & Dr Alvaro De Castro Torres, Dental Surgeons**  
**Dr Anna Casals Antich, Dental Surgeon & Dr Kostas Tzamalass, Orthodontist**  
**Mrs. Nur Gilmartin & Mrs. T Ocal, Dental Hygienists**  
**Miss Sam Singleton, Practice Manager**

## Dental Hygienist Visits

### What does the Hygienist do?

Our Hygienists are trained and qualified to do a range of Dental Treatment. Most of their work is doing simple 3 monthly Scale & Polishing which costs £30.00.

Our Hygienists have a great reputation for excellence and value for money.

However in addition they are qualified to do a wide range of Periodontal Treatments including Root Planing, Fluoride treatments, treatment for sensitivity, Fresh Breath Therapy, take x-rays and do Tooth Whitening.

Our Hygienists are also trained to take impressions and give local anaesthetic.

Nur has also been trained to assist with patients having sedation.



### What is the cost of a Hygienist visit?

It depends on the type of treatment that the Hygienist provides. The basic cost of a hygienist appointment for a simple Scale and Polish is £35.00.

However we discount the price to £30.00 for our regulars who see the hygienist every 3 or 4 months. The discount reflects our thanks for our patient's loyalty.

In general if you have active disease, you smoke, you come on an infrequent basis the charge may increase.

However the Hygienist will always tell you the exact charge before they begin.

### **Why do you advise Hygienist appointments every 3 months?**

Simply because for most patients that is the best time period to ensure the gums stay healthy.

Many dentists time the interval so that the gingivitis has become re-established.

Best practice is to provide Dental care that prevents the return of the disease. This is because if there is bleeding there is disease and if there is disease there is ongoing destruction of the teeth's supporting tissues (bone and Periodontal Ligament)

Gum disease is the biggest cause of teeth loss in Adults, and with an aging population we are seeing it more often.

### **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 tissues 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.

### **Am I likely to suffer from gum disease?**

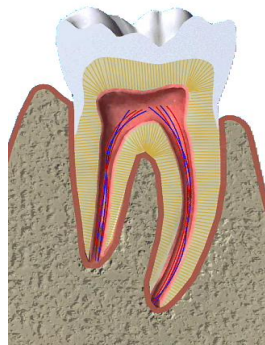
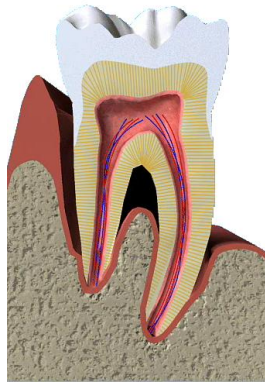
Probably. Most people suffer from some form of gum disease, and it is the major cause of tooth loss in adults. However, the disease develops very slowly in most people, and it can be slowed down to a rate that should allow you to keep most of your teeth for life.

The first sign of gingivitis sign is blood on the toothbrush or in the rinsing water when you clean your teeth. Your gums may also bleed when you are eating, leaving a bad taste in your mouth. Your breath may also become unpleasant.

### **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 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.



### **What does a simple Scale and Polish involve?**

Our Hygienist will remove all the plaque and calculus from above the gum line. This will be enough for most of our patients to maintain a healthy mouth. The visit normally takes about 10 to 15 minutes. We generally recommend a 3 or 4 monthly appointment for most of our patients.

### **How do I know if I have gum disease?**

The first of gingivitis sign is blood on the toothbrush or in the rinsing water when you clean your teeth. Your gums may also bleed when you are eating, leaving a bad taste in your mouth. Your breath may also become unpleasant.

### **What happens if gum disease is not treated?**

Unfortunately, gum disease progresses painlessly on the whole so that you do 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, and pus may ooze from around the teeth. Over a number of years, the bone supporting the teeth can be lost. If the disease is left untreated for a long time, treatment can become more difficult.

### **Why is some treatment more expensive?**

A simple Scale and Polish for most regular patients costs just £30. However more difficult or more complex treatments cost a little more.

We use the finest equipment because the results are so much better. We use fine scalers as it is important not to leave scratch marks on the root.

We have opted to invest the extra money on the best equipment because our patients expect the best result. Root Planing for example involves cleaning the debris from below the Gum line and requires more delicate instruments and sometimes requires a local anesthetic.

Antibiotic treatment involves the use of an antibiotic solution/gel which is placed directly into the infected area to promote healing. This is done when the periodontal disease involves major bone loss and active disease.

We also offer some Periodontal Surgery which involves flaps and suturing. This is only provided in the most severe cases.

We have a large number of patients who smoke and want to have all the staining removed and this involves a Jetwash which is very effective

### **Why would I need more than one visit?**

The extent of the destruction means that treatment can't be completed in one visit, and it is important to stage the treatment for the most effective result.