

Dr Vinoth Arumugam | Tips for maintaining healthy gums

Dr Vinoth Arumugam your periodontal health is his first priority. Periodontal health is important for preventing dental and gum disease, preserving teeth, and supporting overall health. If you want a healthy, beautiful smile, this must be a priority.



Melbourne, Victoria May 25, 2022 ([Issuewire.com](https://www.issuewire.com)) - Maintaining healthy gums should be a priority for maintaining optimal systemic health. With [Dr. Vinoth Arumugam](#) your periodontal health is his first priority. Periodontal health is important for preventing dental and gum disease, preserving teeth, and supporting overall health. If you want a healthy, beautiful smile, this must be a priority. At V Care, we provide gentle, thorough periodontal care and examine you for any signs of periodontal disease and other oral health problems.

Periodontal Disease Treatment

The word periodontal means “around the tooth”. Periodontal disease attacks the gums and the bone that support the teeth. Plaque is a sticky film of food debris, bacteria, and saliva. If plaque is not removed, it turns into calculus (tartar). When plaque and calculus are not removed, they begin to destroy the gums and bone. Periodontal disease is characterized by red, swollen, and bleeding gums.

Four out of five people have periodontal disease and don't know it! Most people are not aware of it because the disease is usually painless in the early stages, which is why [Dr. Vinoth Arumugam](#) ensures he creates awareness of periodontal diseases.

Not only is it the number one reason for tooth loss, but research also suggests that there may be a link between periodontal disease and other diseases such as stroke, bacterial pneumonia, diabetes, cardiovascular disease, and increased risk during pregnancy. Researchers are determining if inflammation and bacteria associated with periodontal disease affect these systemic diseases and conditions. Smoking also increases the risk of periodontal disease.

Good oral hygiene, a balanced diet, and regular dental visits can help reduce your risk of developing periodontal disease.

Signs and symptoms of periodontal disease:

- Bleeding gums – Gums should never bleed, even when you brush vigorously or use dental floss
- Loose teeth – Also caused by bone loss or weakened periodontal fibers (fibers that support the tooth to the bone)
- New spacing between teeth – Caused by bone loss
- Persistent bad breath – Caused by bacteria in the mouth
- Pus around the teeth and gums – Sign that there is an infection present
- Receding gums – Loss of gum around a tooth
- Red and puffy gums – Gums should never be red or swollen
- Tenderness or Discomfort – Plaque, calculus, and bacteria irritate the gums and teeth

Treatment

Periodontal treatment methods depend upon the type and severity of the disease. Your dentist and dental hygienist will evaluate for periodontal disease and recommend the appropriate treatment.

Periodontal disease progresses as the sulcus (pocket or space) between the tooth and gums gets filled with bacteria, plaque, and tartar, causing irritation to the surrounding tissues. When these irritants remain in the pocket space, they can cause damage to the gums and eventually, the bone that supports the teeth!

If the disease is caught in the early stages of gingivitis, and no damage has been done, one to two regular cleanings will be recommended. You will also be given instructions on improving your daily oral hygiene habits and having regular dental cleanings.

If the disease has progressed to more advanced stages, a special periodontal cleaning called scaling and root planing (deep cleaning) will be recommended. It is usually done one quadrant of the mouth at a time while the area is numb. In this procedure, tartar, plaque, and toxins are removed from above and below the gum line (scaling) and rough spots on root surfaces are made smooth (planing). This procedure helps gum tissue to heal and pockets shrink. Medications, special medicated mouth rinses, and an electric toothbrush may be recommended to help control infection and healing.

If the pockets do not heal after scaling and root planning, periodontal surgery may be needed to reduce pocket depths, making teeth easier to clean. Your dentist may also recommend that you see a Periodontist (specialist of the gums and supporting bone).

Maintenance

It only takes twenty-four hours for plaque that is not removed from your teeth to turn into calculus (tartar)! Daily home cleaning helps control plaque and tartar formation, but those hard-to-reach areas will always need special attention.

Once your periodontal treatment has been completed, your dentist and dental hygienist will recommend that you have regular maintenance cleanings (periodontal cleanings), usually four times a year. At these cleaning appointments, the pocket depths will be carefully checked to ensure that they are healthy. Plaque and calculus that is difficult for you to remove on a daily basis will be removed from above and below the gum line.

In addition to your periodontal cleaning and evaluation, your appointment will usually include:

- Examination of diagnostic x-rays (radiographs): Essential for detection of decay, tumors, cysts, and bone loss. X-rays also help determine tooth and root positions.
- Examination of existing restorations: Check current fillings, crowns, etc.
- Examination of tooth decay: Check all tooth surfaces for decay.
- Oral cancer screening: Check the face, neck, lips, tongue, throat, cheek tissues, and gums for any signs of oral cancer.
- Oral hygiene recommendations: Review and recommend oral hygiene aids as needed. (Electric toothbrushes, special periodontal brushes, fluorides, rinses, etc.)
- Teeth polishing: Remove stain and plaque that is not otherwise removed during tooth brushing and scaling.

Good oral hygiene practices and periodontal cleanings are essential in maintaining dental health and keeping periodontal disease under control!

If you have any questions, concerns, or would like to schedule an appointment, please contact us today. We look forward to providing you with the personal care you deserve.

We understand that a visit to the dentist is not always on the top of the list when it comes to fun things to do. Thus, [Dr. Vinoth Arumugam](#) at [V Care](#) strives to make your visit to the dentist the most comfortable and stress-free as possible. From heated massage dental chairs to low noise electric tools, we have equipped our clinic with all of the latest technology to ensure your comfort. Speak with our team for more information!

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