

# GUM TREATMENTS



- **4- Gum treatment**

Gum treatment encompasses a variety of procedures aimed at improving gum health, addressing gum disease, and ensuring overall oral hygiene. The treatment you might need depends on the severity of gum issues. Here's a detailed look at common gum treatments:

- **Procedure**

1. **Scaling and Root Planning (SRP)**

- **Scaling:** The dentist or hygienist removes plaque and tartar from above and below the gum line.
- **Root Planning:** The surfaces of the tooth roots are smoothed to remove bacteria and promote healing.

1. **Gum Surgery**

- **Flap Surgery:** Gum tissue is lifted away to clean deeper structures, and then the tissue is stitched back into place.
- **Gum Grafting:** Tissue is taken from another area (like the roof of your mouth) and grafted onto the affected area to cover exposed roots and restore gum tissue.

1. **Laser Therapy**

- Lasers are used to remove infected gum tissue and help in the healing process with minimal discomfort and bleeding.

1. **Antibiotic Therapy**

- Topical or oral antibiotics may be prescribed to control bacterial infections and reduce inflammation.

## 1. Maintenance Therapy

- Regular cleanings and checkups to monitor gum health and prevent recurrence of gum disease.

## • Recovery

### 1. Post-Procedure Care

- **Scaling and Root Planning:** You might experience mild discomfort and sensitivity. Over-the-counter pain relievers and a soft diet can help.
- **Gum Surgery:** Expect some swelling, discomfort, and possibly a soft diet for a few days. Follow your dentist's instructions for oral hygiene and medication.
- **Laser Therapy:** Generally, involves minimal recovery time. You might experience some sensitivity but can resume normal activities quickly.
- **Gum Grafting:** Recovery may take a few weeks. It's important to follow post-operative care instructions to ensure proper healing.

### 1. Oral Hygiene

- Maintain excellent oral hygiene to support healing and prevent complications. This includes brushing gently, flossing, and possibly using an antimicrobial mouthwash.

### 1. Follow-Up Visits

- Regular check-ups are crucial to ensure that the gums are healing properly and to monitor for any signs of recurring disease.

## • Benefits

1. **Improved Gum Health:** Treatment can reduce inflammation, bleeding, and gum recession, leading to healthier gums.
2. **Prevention of Tooth Loss:** Effective treatment can prevent advanced gum disease, which can lead to tooth loss.
3. **Reduced Sensitivity:** Procedures like gum grafting can cover exposed tooth roots, reducing sensitivity to hot or cold.
4. **Enhanced Oral Hygiene:** Cleaning procedures and regular maintenance can make it easier to maintain good oral hygiene.

- **Risks**

1. **Discomfort and Sensitivity:** Some procedures, especially surgeries and scaling, can cause temporary discomfort and sensitivity.
2. **Infection:** There's a risk of infection at the surgical site or from an antibiotic treatment.
3. **Gum Recession:** In rare cases, gum grafting might not fully resolve issues with gum recession, or the graft might not integrate well.
4. **Bleeding:** Surgical procedures can lead to bleeding, though this is usually manageable and temporary.

