



DR DAVID HOWARD  
WHOLISTIC DENTISTRY

## DENTAL HYGIENISTS

Hygienists are professionally trained in diagnosing and treating gum problems. Gum disease is hallmarked by red, puffy, bleeding gums (gingivitis) or pain, mobile teeth, unpleasant odour and/or discharge (periodontitis - a more severe form of gum disease).

Sometimes the presence of Periodontitis reflects that a systemic illness is occurring (i.e. Diabetes Mellitus, White Cell function disorders, etc), therefore it is important to take notice of how healthy your gums are.

We employ a number of Dental Hygienists in our practice to:

1. Educate patients in dental health
2. Detail oral hygiene techniques for effective plaque control
3. Provide therapeutic and painless gum treatment, which means gentle hand scaling to remove plaque and calculus deposits above and below the gum line
4. Minimise anxiety and pain via administering:
  - ❖ Local anaesthetic &/or Hypnovel in cases that require deep root planing or to enhance comfort
  - ❖ Rescue Remedy - Bach Flower Remedies.

The benefit of regularly seeing a Dental Hygienist (we recommend about every 6 months - but this maybe too much for some people or not enough for others) includes:

1. Reducing the need of seeing the Dentist as problems requiring one are prevented or diagnosed in the early stage
2. Maintaining teeth & gums at an optimal level of health
3. Increasing self esteem and confidence
4. Non judgemental approach to removing recurring stains generated by smoking etc. This can be achieved by returning more frequently, even bimonthly to compensate.



## PERIODONTAL TREATMENT NEEDS

Name: ..... Date: ..... / ..... / .....

1. Your Treatment Involves:

- Gingivitis
- Periodontitis
  - Early
  - Moderate
  - Advanced

2. Treatment Suggested:

- Therapeutic Scaling
- Root Planing

3. Appointments Required:

TIME	TOTAL FEE \$

4. Further treatment maybe necessary based on your gum tissue response.  
This will be assessed at the end of your session.

5. Anxiety Control:

Hypnovel*	\$122.00^
Topical Cream	N/C
Local Anaesthetic	N/C
Nitrous Oxide	N/C
Rescue Remedy	N/C

\* If Hypnovel is used please do not drive or operate heavy machinery on that day.

^ Quote valid for six months.



## POST OPERATIVE SENSITIVITY

Occasionally for therapeutic scaling, and more commonly for root planing (the deeper procedure), people experience sensitivity on the gum line. This is usually due to shrinkage of the inflamed gums during healing thereby exposing previously covered structures (this means success!).

Certain remedies and mouthwashes can help here. Please call the surgery if this problem presents.

## POST OPERATIVE EXPECTATIONS

1. Reduced, or ideally eliminated, bleeding gums
2. Bigger gaps between teeth previously joined by scale
3. Reduced redness of gums
4. Fresher, healthier mouth.

## ADJUNCTIVE THERAPY

### 1. Homoeopathy

Homoeopathy is an effective method of healing which helps the natural tendency of the body to heal itself. Homoeopathy is based on the law of similars “what a substance can cause it can also cure” or “like cures like”. It operates by stimulating the body’s own healing power (vitality).

Some of the remedies we incorporate that are specific to dentistry are:

- ❖ Pre-appointment Remedy - Arnica 6 & Hypericum 6
- ❖ Post-operative - Arnica 200
- ❖ Local Anaesthetic Nosode - counteracts the effects of the local on the body
- ❖ Xray nosode - to antidote the effect of radiation exposure
- ❖ Hypercal mouth wash - herbal remedy to help the gums heal.  
It’s a great alternative to chemical mouthwashes on the market as it is also a disinfectant.

*continued overleaf ...*

## POST OPERATIVE SENSITIVITY *(continued)*

### ADJUNCTIVE THERAPY

#### 2. Vitamin Supplements

For those who are embarking on a course of periodontal treatment, we can provide vitamin supplements to aid the immune system. These are:

##### Vitamin C

- ❖ Maintains collagen integrity. bone matrix formation and immune system function
- ❖ Decreased levels are associated with delayed healing, impaired bone calcification/formation and increased permeability of the gums to bacteria and their toxins.

##### Vitamin A

- ❖ Necessary for collagen synthesis & wound healing
- ❖ Maintains the integrity of the gums and enhances immune function.

##### Zinc

- ❖ Functions synergistically with Vitamin A
- ❖ Decreased levels are reflected in the severity of periodontal disease
- ❖ Stabilises the membranes & collagen synthesis, inhibits plaque growth, mast cell release and reduces wound healing time.

##### Selenium & Vitamin E

- ❖ Function synergistically as antioxidants
- ❖ Deter Periodontal disease as free radicals can be very damaging to gums.

##### Flavinoids

- ❖ Reduce inflammation and stabilise collagen structures.

Tissue salts and appropriate homoeopathics.



## **THERAPEUTIC SCALING**

Gingivitis is early Periodontal disease characterised by inflamed, red gums which can bleed when brushed, yet does not affect the underlying bone. Therapeutic scaling is required to treat Gingivitis and prevent further progression of the disease. This is achieved by removing bacteria, dead tissue, hard (calculus) and soft (plaque) deposits from the tooth's surface and under the gum line. This is performed via scaling techniques and occasionally with local anaesthetic.

We will advise you of the most current and effective oral hygiene techniques, so you can maintain healthy gums and teeth through what you do at home. The overall success of this therapy is dependent on your commitment to daily dental home care (or what you can negotiate with the Hygienist!).

## **PERIODONTAL SCALING AND ROOT PLANING**

Periodontitis is where the infection spreads from the gum to underlying bone. There are several different types of this in which some are more aggressive than others. If this is left untreated tooth loss can occur, as the bone supporting the tooth is lost.

Several appointments are often necessary to remove initially the superficial calculus and then to deal with the bacteria, on the more difficult to access, root surfaces beneath the gum (see page 8 in "Healthy Gums" brochure). Frequently this therapy requires local anaesthesia.

## **POST OPERATIVE CARE**

- ❖ Ad hoc care for sensitivity if required
- ❖ Post operative assessment of results of root planing and home care technique
- ❖ Determinations of recall requirements for maintenance. This maybe 3, 6, or 12 monthly.

