

Five Tips To Prevent Gum Disease:

Periodontists and gum disease are without a doubt directly linked in the quest to prevent, treat and ultimately cure painful and uncomfortable mouth and **periodontal abscess**. The **best dentist near me** has the required experience and know-how on the various forms of **gum disease** and the successful treatment thereof.

A [gum abscess](#) is a mere referral to soft tissue and bone infection specifically in and around teeth and jaw areas.



Symptoms and signs:

During the initial phase of infection the disease is likely to be without any symptoms, it is only when infection progresses that signs become more visible, not to mention painful. These signs include but are not limited to pain, red, tender, and [swollen gums](#), bad breath, and gum bleed especially after brushing or flossing, and gum recession. Make an appointment with **Emergency Dental Care** to determine the suitable treatment.

Treatment options:

The most popular treatment options for severe periodontal disease are flap surgery and soft bone grafting. These treatments are rather intrusive, expensive, and just plain painful. Antibiotics are normally prescribed as a supplement to surgery or therapy. Try not to let your gum disease get to the point of needing surgery. Instead, learn what you can do to help stop

gum disease from home and prevent it from coming back again. Follow the links below for more information.



Prevention:

Prevention is always better than cure, with oral hygiene topping the list of preventative measures employed to combat gum diseases. Schedule your 6 monthly dental check-ups and teeth cleaning by a hygienist well in advance and brush as well as floss in the way and frequency prescribed by your dentist.

- **Brush and floss** are mandatory for maintaining effective oral hygiene as it is the foundation of healthy bone and gums and a beautiful smile. Floss and brush twice a day to keep out plaque and prevent gingivitis and gum disease that develops from plaque build-up.
Arrange a professional dental cleaning each four to six months. It's a reality that no matter how properly you floss and brush, calculus will form in tough to reach areas. Calculus is a thick, white build-up that you may not even be able to see. Visit your dentist regularly for a good cleaning and check-up.
- Receive a bone graft or implant if you miss a tooth. No matter how you drop a tooth, it gets hurt during sports or your dentist extracts it for health reasons - the bone surrounding it will shrink through a normal remodeling process. Once that bone is terminated, it's hard to get it back.
- The best way to prevent bone loss is to have your surgeon place bone graft material at the same time as extraction or place the implant in a timely fashion (typically 2-3 months after extraction). This type of grafting done at the time of tooth loss is easy, painless, and less expensive than doing it later. (And don't worry, surgeons can use different kinds of bone graft materials - they don't take it from your own bone.)
- Get an immediate implant if possible. Don't wait if you require a tooth replacement; when you get an immediate implant on the same day as an extraction, you'll help preserve the bone and save it from shrinkage.
- Repair rotted teeth and treat early gum disease - early. As tooth decay advances, it can enter the nerve, causing it to become inflamed and then necrotic, often leading to an abscess and bone loss. Early gum disease (gingivitis) can also generate

periodontal disease which commences bone loss. To maintain your bone health, be sure to repair decayed teeth and treat gum disease as soon as possible.

Hopefully, these above-mentioned tips may help prevent further complications.