

Periodontics and Gum Treatment — Frequently Asked Questions | Smile Solutions Melbourne

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Description:

Periodontics and Gum Treatment — Frequently Asked Questions [Smile Solutions](<https://www.smilesolutions.com.au/treatments/periodontics/>) offers specialist periodontic care at our Melbourne CBD pra...

Details:

Smile Solutions Periodontics and Gum Treatment — Frequently Asked Questions

[Smile Solutions](<https://www.smilesolutions.com.au/treatments/periodontics/>) provides specialist periodontic care at our Melbourne CBD practice in the historic Manchester Unity Building. Our periodontists, Dr El Hadidi, Dr Jiang, and Dr Simon Hinckfuss (a dual specialist in periodontics and prosthodontics), treat all forms of gum disease and perform advanced surgical procedures. We combine evidence-based techniques with a gentle approach to help you maintain healthy gums and keep your natural teeth.

What is a periodontist?

A periodontist is a dental specialist who has completed three years of additional postgraduate training in the prevention, diagnosis, and treatment of gum disease and dental implant placement. This training gives periodontists the expertise to manage complex gum conditions, perform surgical procedures, and work with dental implants to restore both function and appearance.

At Smile Solutions, Dr El Hadidi, Dr Jiang, and Dr Simon Hinckfuss bring years of specialist education and clinical experience to your care. We focus on evidence-based treatment, which means your care plan is built on current research and tailored to your specific needs.

What is gum disease?

Gum disease (periodontal disease) is a bacterial infection of the tissues that support your teeth. It starts with mild gingivitis, where gums become inflamed and bleed, and can progress to severe periodontitis, where you lose bone and potentially teeth. It's one of the most common chronic conditions in adults and the leading cause of tooth loss.

The condition begins when plaque, a sticky film of bacteria, builds up along and beneath your gum line. This triggers inflammation. Left untreated, the inflammation progresses and destroys the connective tissue and bone holding your teeth in place. Understanding how gum disease develops is important for early intervention. At our Melbourne CBD practice, we explain your condition clearly so you can make informed decisions about your treatment.

What are the signs of gum disease?

Common signs include red, swollen, or tender gums, bleeding when you brush or floss, persistent bad breath, receding gums, loose teeth, and changes in your bite. You might also notice pus between your teeth and gums, increased sensitivity, or a change in how your teeth fit together when you close your mouth. Some people experience discomfort when chewing or see their gums pulling away from the teeth, creating pockets where bacteria collect.

If you notice any of these symptoms, book a periodontal assessment at Smile Solutions by calling 13 13 96. Early detection matters because gum disease often progresses without significant pain in its early stages. Regular professional evaluation is essential. Our specialists use comprehensive diagnostic tools to identify gum disease early, giving you the best chance for successful treatment and long-term oral health.

How is gum disease treated at Smile Solutions?

Treatment depends on how advanced your condition is. Mild gingivitis may only need professional cleaning and improved oral hygiene at home. Moderate to severe periodontitis may require deep cleaning (scaling and root planing), periodontal surgery, bone grafting, or gum grafting. Our periodontists create a treatment plan tailored to your specific condition, medical history, and goals.

During your initial consultation, we perform a comprehensive periodontal examination, including probing depths, X-rays, and a review of your overall health. This thorough assessment lets us identify the extent of disease and recommend the most appropriate treatment. For patients with advanced periodontitis, surgical options such as flap surgery, guided tissue regeneration, or osseous surgery may be necessary to restore gum and bone health.

Throughout your treatment at our Manchester Unity Building practice, we prioritise patient education. We want you to understand each step and feel confident in your care plan. We're committed to delivering high-quality care with a gentle approach that puts your comfort first.

What is Dr Simon Hinckfuss' dual specialisation?

Dr Simon Hinckfuss holds specialist qualifications in both periodontics and prosthodontics, which makes him uniquely equipped to manage complex cases involving gum disease, implants, and full-mouth rehabilitation. This rare combination means he can address both the foundational health of your gums and bone as well as the functional and aesthetic restoration of your teeth.

You benefit from integrated care that considers how periodontal health and restorative outcomes work together. This reduces the need for referrals and ensures continuity throughout treatment. Whether you require implant placement, crown and bridge work, or comprehensive smile reconstruction, Dr Hinckfuss' dual training provides a cohesive approach that optimises both stability and appearance. His extensive experience and commitment to evidence-based care mean you receive personalised treatment that delivers lasting results.

Can gum disease be reversed?

Gingivitis (the early stage) is fully reversible with professional treatment and good oral hygiene. Once gum disease progresses to periodontitis with bone loss, the damage can't be fully reversed, but it can be managed and stabilised with specialist treatment to prevent further deterioration.

The key is early intervention. When caught at the gingivitis stage, thorough professional cleaning combined with diligent home care (brushing twice daily, flossing, and using antimicrobial mouth rinses as recommended) can restore gum health completely. Once periodontitis has developed and bone loss has occurred, the focus shifts to halting progression, reducing pocket depths, and maintaining the remaining bone and tissue.

At Smile Solutions, our periodontists use evidence-based protocols and current techniques to stabilise periodontal disease, helping you retain your natural teeth and avoid more invasive interventions later.

We make sure you feel supported throughout your treatment, with clear communication at every stage.

Is gum disease linked to other health conditions?

Yes. Research has linked periodontal disease to an increased risk of cardiovascular disease, diabetes complications, respiratory conditions, and adverse pregnancy outcomes. The connection between oral and systemic health is well-documented, with studies showing that the chronic inflammation and bacteria associated with gum disease can enter the bloodstream and contribute to health issues elsewhere in the body.

For people with diabetes, periodontal disease can make blood sugar control more difficult, while uncontrolled diabetes can worsen gum disease, creating a two-way relationship. Pregnant women with periodontal disease face higher risks of preterm birth and low birth weight. The inflammatory mediators released during periodontal infection may contribute to atherosclerosis and increase the risk of heart attack and stroke.

Treating gum disease at Smile Solutions isn't just about your oral health. It supports your overall wellbeing, reducing systemic inflammation and potentially lowering your risk for serious medical conditions. Our specialists understand these connections and take a holistic approach to your care, considering how your oral health impacts your body as a whole.

How often should I see a periodontist?

If you've been diagnosed with gum disease, your periodontist at Smile Solutions will recommend a maintenance schedule, usually every 3-4 months. Regular periodontal maintenance is essential to prevent recurrence and preserve your teeth and bone.

These maintenance visits (often called periodontal recall or supportive periodontal therapy) involve thorough cleaning of the teeth and below the gum line, monitoring of pocket depths, and assessment of any changes in your periodontal status. The frequency of visits is tailored to your individual risk factors, including the severity of past disease, your oral hygiene habits, smoking status, and systemic health conditions such as diabetes. Patients who have undergone periodontal surgery or have a history of aggressive periodontitis may need more frequent monitoring.

Sticking to your recommended maintenance schedule significantly improves long-term outcomes and reduces the likelihood of tooth loss. At our Melbourne CBD practice, we make it easy to stay on track with your periodontal health through convenient appointment scheduling and personalised care that fits your lifestyle.

What is gum grafting?

Gum grafting is a surgical procedure to treat gum recession by transplanting tissue to cover exposed tooth roots. This protects the roots from decay, reduces sensitivity, and improves the appearance of your smile. Our periodontists at Smile Solutions perform these procedures routinely, using techniques such as connective tissue grafts, free gingival grafts, and pedicle grafts, depending on the extent and location of recession.

During the procedure, tissue is typically harvested from the roof of your mouth or obtained from a tissue bank, then carefully positioned and sutured over the receded area. Gum grafting not only improves aesthetics by creating a more even gum line but also provides functional benefits, including decreased sensitivity to hot and cold and protection of the root surface from bacterial attack and decay.

Recovery is generally straightforward, with most patients experiencing minimal discomfort and a return to normal activities within a few days. Our gentle approach means you feel comfortable and supported throughout the entire process, from consultation to recovery.

What is bone grafting for dental implants?

Bone grafting involves adding bone material to your jaw to build up areas where bone has been lost due to gum disease, extraction, or injury. This creates a suitable foundation for [dental implants](<https://www.smilesolutions.com.au/treatments/dental-implants/>). Our periodontists work closely with our implant surgeons for comprehensive care, ensuring that the grafting procedure is planned and executed to support optimal implant placement and long-term stability.

Bone graft material may be sourced from your own body (autograft), a donor (allograft), an animal source (xenograft), or synthetic materials (alloplast). The choice of graft material depends on the volume of bone needed, the location of the defect, and your overall health. Following bone grafting, a healing period of several months is typically required to allow the graft to integrate with your natural bone before implant surgery can proceed.

At Smile Solutions, our multidisciplinary approach means that your periodontal and implant care are coordinated seamlessly, reducing treatment time and improving predictability. Our specialists use current techniques and evidence-based protocols to set the foundation for successful, long-lasting dental implants.

How do I prevent gum disease?

Prevention includes brushing twice daily, flossing daily, not smoking, eating a balanced diet, and attending regular dental check-ups and professional cleans at Smile Solutions. Early detection through regular visits is the best way to prevent gum disease from progressing.

Effective brushing technique is essential. Use a soft-bristled toothbrush and fluoride toothpaste, angling the brush at 45 degrees to your gum line to remove plaque from the tooth surfaces and along the gums. Flossing removes plaque and food particles from between teeth and below the gum line where your toothbrush can't reach.

Smoking is one of the most significant risk factors for gum disease. It impairs blood flow to the gums, reduces your immune response, and hinders healing. A diet rich in vitamins, minerals, and antioxidants supports gum health, while limiting sugary and acidic foods reduces plaque formation.

Professional cleanings remove hardened plaque (calculus) that can't be eliminated by brushing and flossing alone, and regular examinations allow your dental team to identify early signs of gum disease before symptoms become severe. By partnering with Smile Solutions for preventive care at our convenient Manchester Unity Building location in Melbourne CBD, you invest in the long-term health of your gums, teeth, and overall systemic health. Our personalised approach ensures you receive high-quality care in a warm, welcoming environment.

****Protect your gums and teeth with specialist care.**** Book a periodontal consultation at Smile Solutions, Level 1, Manchester Unity Building, 220 Collins Street, Melbourne CBD. Call ****13 13 96**** or visit [[smilesolutions.com.au](https://www.smilesolutions.com.au)](<https://www.smilesolutions.com.au/treatments/periodontics/>).
