

A Guide to Your Gum Health

Have you ever sat in the dental chair, wondering what those numbers called out by your clinician mean?

In this blog post, we will decode the Basic Periodontal Examination (BPE) scores and shed light on the importance of maintaining good gum health.

What is BPE?

During your Preventive Care Appointment, your dental hygienist records a BPE to assess your periodontal health and determine your treatment needs quickly. This screening tool involves dividing your mouth into six sections and evaluating the condition of your gums by using a blunt probe.

BPE SCORE	Health of your gums	What you need	Frequency of Preventive Care Visits
0	Healthy No bleeding	Maintenance of good home care Standard appointment (Up to 30 minutes)	Annual
1	Mild gum disease Bleeding gums	Standard appointment (up to 30 minutes)	2 visits a year
2	Mild to Moderate gum disease Bleeding, calculus	Initial extended session (up to 60mins) Clinician to advise follow-up length (30-60mins)	2-3 visits a year
3	Moderate Gum disease Deep Pockets & calculus	Extended sessions (Up to 60 minutes)	4 visits a year
4	Advanced Gum Disease (irreversible) Deep pockets, bone loss	Intensive sessions for deep cleaning & referral to Gum Specialist (Up to 60 minutes)	4 visits a year

Dental Rooms, Wimbledon Village: An explanation of the Basic Periodontal Examination codes recorded by our clinicians

Understanding BPE Scores:

The BPE scores range from 0 to 4, with each code providing valuable insights into your gum health:

- Code 0:** Healthy gums with no plaque or bleeding. This is the ideal score, indicating excellent gum health. Maintaining this score should be the goal for every patient.
- Code 1:** Mild gum disease with bleeding gums. If you score Code 1 in one or two sextants, it indicates some bleeding when lightly probed. The dental hygienist may notice occasional bleeding during this step.
- Code 2:** Mild to moderate gum disease with bleeding and calculus. A Code 2 score suggests bleeding gums and the presence of calculus. During the examination, an extended session of up to 60 minutes may be required to address these concerns. The clinician will provide advice on the appropriate follow-up length, lasting between 30 and 60 minutes.
- Code 3:** Moderate gum disease with deep pockets and calculus. This score indicates the presence of deep pockets and calculus in your gum pockets. Extended sessions of up to 60 minutes are necessary to address these issues.
- Code 4:** Advanced gum disease with deep pockets and bone loss. A Code 4 score suggests a more severe condition, with deep pockets measuring 5.5mm or more. Intensive sessions for deep cleaning are essential, and referral to a Gum Specialist may be recommended.

Frequency of Preventive Care Visits:

The frequency of your preventive care visits depends on your BPE score:

- Code 0: Annual visit for Express Maintenance (up to 30 minutes).
- Code 1: Two visits a year for Express Maintenance (up to 30 minutes each).
- Code 2: Two to three visits a year, including an initial comprehensive session (up to 60 minutes). Follow-up appointments may range from 30 to 60 minutes.
- Code 3: Four visits a year for Comprehensive sessions (up to 60 minutes each).
- Code 4: Four visits a year for intensive sessions focused on deep cleaning and referral to a Gum Specialist (up to 60 minutes each).

Understanding BPE scores is crucial for maintaining optimal gum health. Regular preventive care visits and adopting good home care practices will help you achieve and maintain healthy gums. Remember, your dental hygienist is ready to guide you and provide personalized care based on your BPE score. Book your next appointment today and take a proactive step towards a healthier smile!

Why do we have 2 different appointment lengths?

To effectively manage periodontal disease, it is necessary to have longer appointment lengths. This allows dental to thoroughly assess the extent of the disease and provide appropriate treatment. Unlike gingivitis, which is reversible with proper oral hygiene practices, periodontal disease requires more complex interventions.

During these longer appointments, a comprehensive assessment of the patient's oral health is conducted. This includes measuring individual pockets, recording the findings, and cleaning both above and below the gum line. Depending on the severity of the disease, local anesthesia may be used to ensure maximum patient comfort.

Patients need to understand the significance of their medical history concerning their oral health. Medications and various health conditions can have an impact on oral health, and it is crucial to provide an accurate and up-to-date medical history to the dental team. This allows them to identify potential systemic links and risk factors that may contribute to periodontal disease.

For new patients, a Comprehensive Hygiene Session lasting up to one hour is essential. This allows dental hygienists to make a thorough assessment, provide a diagnosis, and offer relevant oral health advice. This comprehensive approach ensures that all aspects of the patient's oral health are addressed, and necessary treatments and referrals are made if required.

For patients with a BPE score of 0, 1, or 2 who attend regularly (3 or 4 times a year), a Standard Preventive Care Appointment lasting up to 30 minutes is suitable. This appointment focuses on preventive care measures, such as regular cleaning, to maintain optimal oral health.

In conclusion, longer appointment lengths are necessary for managing periodontal disease effectively. By providing adequate time for assessment, diagnosis, and treatment, dental professionals can help patients maintain good oral health and address potential systemic links to their dental conditions. Regular preventive care appointments and comprehensive hygiene sessions are essential for optimal oral health outcomes.

If in doubt, At Dental Rooms, your one-stop solution for all dental services in Wimbledon Village, we have an experienced reception team who can assist and advise you to book your hygiene appointments. Please call 02089 462426 or drop an email to reception@dentalrooms.co.uk.

Why Participating in Dry January Benefits Your Overall Health and Care"

Are you taking part in Dry January? According to the Health Survey for England, excessive alcohol intake guidelines, particularly concerning your overall health and dental care.

1. Benefits of Moderate Alcohol Consumption:

It is recommended for both men and women to limit their alcohol intake to no more than 14 units per week, spread across 3 days or more. By staying within these guidelines, you lower the risk of harming your health. Reducing alcohol consumption has various positive effects, such as improving overall health, promoting healthy teeth and gums, and reducing the risk of oral cancer.

2. How Alcohol Affects Dental Health:

Excessive alcohol consumption can have detrimental effects on your oral health. The three main deposits that form on teeth are plaque biofilm, calculus, and stains. Plaque biofilm, a soft and sticky substance, can lead to inflammation and bleeding gums if not adequately removed. Calculus, the hard deposits resulting from plaque buildup, requires professional removal as it cannot be eliminated through regular brushing and flossing. Stains, caused by various food and beverage substances like tea, coffee, red wine, and smoking, can be addressed during preventive care appointments.

3. The Role of Oral Hygiene Routine:

To maintain good oral health, it is essential to go beyond toothbrushing alone. Regular flossing and the use of interdental brushes help to reach areas that a toothbrush cannot access effectively. Additionally, cleaning the tongue with a toothbrush or tongue scraper can help reduce bacteria and improve oral hygiene.

Participating in Dry January not only benefits your overall health but also enhances your dental well-being. By adhering to recommended alcohol intake guidelines and maintaining a regular oral hygiene routine, you can significantly lower the risk of oral health problems and promote a healthier smile. Take advantage of free tools available, such as the Alcohol Unit Calculator, to monitor and track your alcohol intake. Start the year on a positive note by prioritizing your health and making small changes that have a big impact.

At Dental Rooms, the multi-specialist practice in Wimbledon Village, we have experienced, highly skilled, and university-qualified hygienists to help you assist in your hygiene journey and give you all the advice you need