

How to find us

Our centre is located in Chiswell Green, St Albans, Herts next to the Co-op.



If you are travelling by bus, visit tfl.gov.uk/modes/buses/ for bus information.



You can park on the side roads around the centre, or we have a small car park at the front of the centre.



If you are travelling by train, you can find directions on Google Maps.

Specialist Periodontics

The Art of Dental Excellence

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UK Dental Specialists
at Chiswell Green

Why is referral necessary?

Your general dentist may refer you to a periodontist for a number of reasons. Periodontists are dentists who have undergone significant recognised further training to diagnose, treat and prevent diseases and disorders (infections and inflammatory) of the gums and other structures around the teeth. They are also trained in placing dental implants and many other related surgical procedures.

One of most the most common reasons for being referred to a periodontist is for the management of chronic periodontitis.

Chronic periodontitis

Periodontitis is an inflammatory condition that affects the gums, bone and other supporting tissues of the teeth. Although most individuals suffer gum inflammation from time to time, around 10% of the population appear to suffer from the more severe forms of the disease which cause loss of supporting bone. This group appears to be at greatest risk of losing teeth through periodontal disease.

Your dentist or hygienist can refer you to a specialist periodontist to help manage your periodontitis. During the periodontal examination, your periodontist will thoroughly examine your teeth and gums and take radiographs (x-rays) if required. You will be provided with options for treatment together with the prognosis for your teeth.

Treatment options include:

- ✔ Initial therapy. This frequently involves the removal of bacterial deposits from beneath the gum line. This is done under local anaesthetic so that it is not painful. This is called root surface debridement and is carried out over a series of appointments.
- ✔ For some patients, surgical therapy may also be indicated. This option may be used to re-shape the gum and underlying bone to reduce the risk of further bone loss. In specific cases, surgery can facilitate the regeneration of the lost gum and bone.

Common reasons to see a periodontist

Periodontal plastic surgery

Periodontists are often considered the plastic surgeons of dentistry. If you are looking to improve your smile, a periodontist may be able to help.

Gummy smile or uneven gum smile

Do you feel your teeth look too short and your smile is too gummy or your gums cover too much of some teeth while leaving the others the right length? If so, dental crown lengthening might be the solution for you.

During this procedure, excess gum tissue is removed to expose more of the crown of the tooth. Then your gumline is sculpted to give your new smile just the right look.

Long teeth/exposed roots

Sometimes gum recession causes the tooth root to become exposed, which makes your teeth look long and can make you look older than you are. This recession can happen as a result of a variety of causes, including periodontal diseases.

Gum graft surgery and other root coverage procedures are designed to cover exposed roots, to reduce further gum recession and to protect vulnerable roots from decay.

During gum graft surgery, your periodontist takes gum tissue from your palate or another donor source to cover the exposed root. This can be done for one tooth or several teeth to even your gum line and reduce sensitivity.

What are the benefits of gum graft surgery?

A gum graft can reduce further recession and bone loss. In some cases, it can cover exposed roots to protect them from decay. This may reduce tooth sensitivity and improve aesthetics of your smile. Whether you have a gum graft to improve function or aesthetics, patients often receive the benefits of both: a beautiful new smile and improved periodontal health – your keys to smiling, eating and speaking with comfort and confidence.

Indentations in the gum and jawbone

Tooth loss can cause an indentation in the gums and jawbone where the tooth used to be. This happens because the jawbone recedes when it no longer is holding a tooth in place. Not only is this indentation unnatural looking, it also causes the replacement tooth to look too long compared to the adjacent teeth.

Ridge augmentation can fill in this defect recapturing the natural contour of the gums and jaw. A new tooth can then be created, which is natural looking, easy to clean and beautiful.

Dental crown lengthening

During the dental crown lengthening procedure, excess gum and bone tissue is reshaped to expose more of the natural tooth. This can be done to one tooth, to even your gum line, or to several teeth to expose a natural, broad smile. Your dentist or periodontist may also recommend dental crown lengthening to make a tooth reconstruction or cosmetic dental procedure possible. Perhaps your tooth is decayed, broken below the gum line, or has insufficient tooth structure for a restoration, such as a crown or bridge. Crown lengthening adjusts the gum and bone level to expose more of the tooth so it can be restored.

A report will be forwarded to your dentist, with the specialist's findings, diagnosis, and treatment plan. A copy of the report will be sent to you as well.