

YOUR GUIDE TO HEALTHIER GUMS

Worried about your gums?

Let's find out what's happening.
And what we can do to help.



Inside Smileworks Liverpool

Bleeding when you brush, bad breath or a loose tooth can leave you worrying about your smile. You want to understand the problem, keep your teeth and know what treatment will involve.

We'll listen, check your gums and explain your options. You don't need to know how serious it is before you come. That's what the appointment is for.

Start with an appointment

Call 0151 236 5166 | smileworksliverpool.co.uk

UNDERSTAND THE PROBLEM

What is gum disease?

Plaque is a soft film of bacteria that forms on teeth. When it builds up around the gumline, it can cause inflammation. Hardened plaque, called tartar, needs professional removal.

Gingivitis

This affects the gums without damaging the bone supporting your teeth. It can usually be reversed with effective daily cleaning and professional cleaning where needed.

Periodontitis

This damages the tissues and bone that hold teeth in place. Treatment aims to control the disease and protect the support that remains. Routine cleaning does not replace lost bone; ongoing care is essential.



Signs worth getting checked

Bleeding when brushing or cleaning between teeth. Swollen or sore gums. Persistent bad breath. Receding gums, new gaps or teeth that feel loose.

Gum disease can be painless. An examination is the way to find out what is happening, even if your mouth feels comfortable.

It is about more than brushing

Smoking, poorly controlled diabetes and family history can increase your risk. Tell us about your health, medicines and anything that makes cleaning difficult. We can then give advice that fits your life.

YOUR TREATMENT EXPLAINED

What happens next?

01 An assessment, then a plan

We examine your gums, check for bleeding and measure the spaces around your teeth. X-rays may help us assess the supporting bone. We'll explain what we find, the treatment options and costs.

02 Cleaning above and below the gums

We remove plaque and hard deposits with suitable instruments. Periodontitis may need deeper cleaning of the root surfaces over several visits. Local anaesthetic can numb the areas being treated.

03 Time to heal, then a review

After a healing period, we recheck your gums and compare the measurements. Some areas may need further treatment or specialist assessment. Antibiotics are used selectively, not routinely.

04 A plan to keep things stable

Your home routine and maintenance visits work together. We'll recommend how often to return based on your risk and response to treatment. Periodontitis needs long-term care.

Will it be uncomfortable?

Tell us if you're nervous. We'll explain each step and discuss pain control and breaks. Afterwards, tenderness or sensitivity can occur. As swollen gums settle, teeth may look longer or gaps may show more. We'll explain how to manage this.

DAILY CARE AND YOUR NEXT STEP

Keep your gums on track.

A simple routine that works for you

Brush twice a day for at least two minutes with fluoride toothpaste. Clean along the gumline, spit out and do not rinse.

Clean between your teeth daily. We can show you which interdental brushes or floss to use and how to reach difficult areas.

If your gums bleed, keep cleaning gently and arrange a check. Mouthwash is not a substitute for cleaning.



Smileworks Airflow cleaning example. Images show deposit and stain removal, not proof of periodontal cure. Results vary.

Know when to get help

Book a dental check for bleeding gums, persistent bad breath or recession. Ask for urgent dental care for very sore or swollen gums, a newly loose tooth or a suspected abscess. If you cannot reach a dentist, contact NHS 111.

Difficulty breathing or swallowing because of swelling? Call 999 or go to A&E.

You don't need to fix your gums before you come. We'll help you from here.

Call 0151 236 5166 | Book or ask a question online

Smileworks Liverpool, 1a Kenyons Steps, One Park West, Liverpool L1 3DF

Further reading: [NHS: Gum disease](#) | [SDCEP patient information](#) | [EFP: Treatment](#)

Information checked October 2026. General guidance; your treatment plan is individual. Prepared for editorial and clinical review before publication.