

FULL MOUTH DISINFECTION (FMD)

You have been diagnosed with Periodontal Disease (Gum Disease), which affects the structures providing support for your teeth; you may be already experiencing bleeding, bad tastes and even some mobility.

The best treatment option to help stabilize this and help prevent any more damage is the Full Mouth Disinfection (FMD).

Whilst there is no guaranteed cure for Periodontal Disease we have achieved excellent results for our patients.

Full Mouth Disinfection (FMD) refers to an intense course of treatment typically done on the same day or within a 24-hour time frame under Local Anaesthetic.

The aim is to minimise bacteria coming from other areas in the mouth like the tongue, tonsils, and other non-treated periodontal pockets and re-infecting clean areas. It involves the complete removal of bacteria in the mouth (locally) and within the gums (systemically).

Locally: removing debris from the root surface of the teeth by mechanical scaling with specifically designed instruments and flushing with gums with Chlorhexidine mouthwash to disinfect the freshly cleaned root surfaces.
Systemically: taking antibiotics orally to treat the bacteria deeper within the gums.

This information will explain to you what the treatment involves, and any further queries can be answered by your dentist or hygienist.

Before Your Treatment

Initially, there will be a thorough examination of the condition of your mouth. This will involve taking measurements around each tooth, to determine the severity of the disease. The hygienist will then discuss with you the amount of plaque in your mouth. As plaque contains bacteria that cause gum disease a lot of emphasis is placed on guiding you to the hard-to-reach areas and demonstrating the tooth brushing skills to remove it efficiently.

You will be shown how to use a range of products and techniques that will help you to remove plaque daily. This will take 20/30 minutes approximately and can be done on the same day of the FMD appointment or a week prior.

During Your Treatment

The following two appointments will be when the FMD is carried out. These appointments must be as close to each other as possible, ideally within 24 hours. Please make sure you have breakfast that morning.

- They will take around 60+ minutes each (depending on the number of teeth you have).
- Half the mouth is treated at each visit, and this is normally carried out under local anaesthetic.
- All deposits of soft plaque and hard calculus are removed from the teeth using dental instruments.
- The gums are then 'flushed' several times with an antibacterial mouth rinse (chlorhexidine).
- Sundries and mouthwash are provided.

After Your treatment

You may experience some discomfort and sensitivity after the local anaesthetic wears off. This is normal and is usually relieved by taking Paracetamol or Ibuprofen and using desensitising toothpaste.

The success of treatment relies on excellent oral hygiene. You will be given a list of instructions to follow and a range of sundries/mouthwash to be used for the following week or two.

It is important that every one or two weeks we review your tooth brushing technique to make sure you are cleaning your teeth as well as possible.

We will also polish your teeth to make sure your teeth and gums are as clean as they possibly can be during this important healing phase. There may be about three of these appointments, which will be 10 minutes long.

8 - 10 weeks following treatment the measurements are re-recorded around each tooth. This enables the clinician to assess the amount of healing that has taken place. If necessary, any reformed calculus and plaque will also be removed.

The Cost

The total cost for the Full Mouth Disinfection, inclusive of chair time, sundries and antibiotics is **£645.00**

Corsodyl Therapy after treatment

- Pour 10ml of Corsodyl mouthwash into the measuring cup provided. Dip your prescribed size Tepe into the mouthwash and push between the teeth as directed by your hygienist.
- Please note that if you push the Tepe between your teeth and blood is present on removal, rinse thoroughly under running water before re-submerging the Tepe in the mouthwash.
- Proceed to then clean your teeth with your toothbrush and Corsodyl Gel as directed by your hygienist.
- After thoroughly cleaning your teeth, rinse your mouth for 1-2 minutes with the remaining Corsodyl mouthwash in the measuring cup.
- Please note – Do NOT rinse, eat or drink anything for up to 45 minutes after use.
- Repeat x 2 daily for 14 days, morning and evening
- Brush your teeth after your lunch with normal toothpaste to remove food debris and freshen your mouth, also clean your tongue as the Corsodyl can change the taste of your food.
- Tetracycline antibiotics, 1 tablet to be taken once a day for 3 days.