



A Patient Guide to Calming Gum Inflammation

Understanding the early warning signs, what treatment can do, and how healthy tissue protects your smile.

Changing Lives With Exceptional Periodontal Care

Barry D. Feldner, DDS, MS, PC

Board Certified Diplomate of the American Board of Periodontology



Clinical imagery supplied by Dr. Feldner for patient education



Healthy gums are the foundation of a healthy smile

Gingivitis is an early signal that the gum tissue needs support.

When gums are calm, they help protect:

- Tooth support
- Root surfaces
- Bone stability
- Comfort while brushing and chewing
- Confidence in your smile



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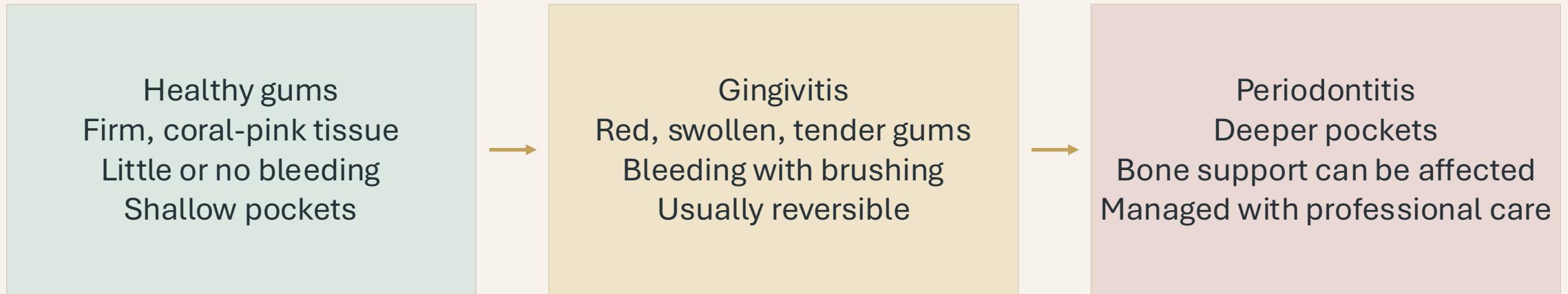
Patient-first message

Bleeding or tenderness is not a failure — it is information. The goal is to listen early and respond with the right care.



Gingivitis is early inflammation — periodontitis is deeper disease

Understanding the difference helps patients know why early care matters.



Reassuring answer: gingivitis can often be reversed before it becomes permanent damage.

But if inflammation has already affected deeper tissues, the goal shifts to controlling infection, slowing progression, and rebuilding support when appropriate.



What patients often notice first

Gum disease can be quiet, so small signs matter.

Bleeding when brushing, flossing,
or eating firm foods

Redness or swelling
tissue looks puffy or irritated

Tenderness
brushing feels uncomfortable

Persistent bad breath
a sign bacteria may be active

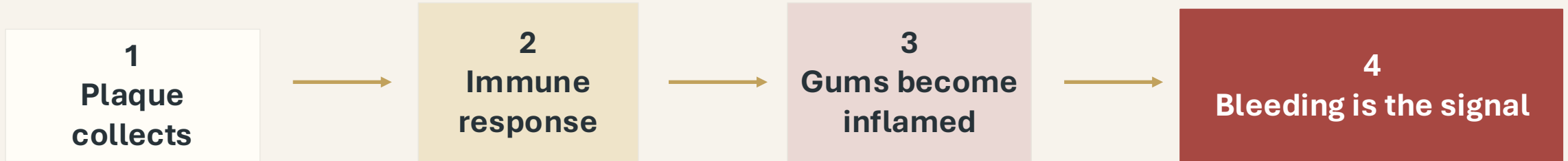
Gums pulling away
teeth may look longer than before

The protective step: do not wait for pain.



What is happening at the gumline?

Plaque bacteria trigger inflammation. The body responds — and gums begin to bleed.



This is why treatment focuses on controlling plaque, calming inflammation, and protecting the tissue long-term.



Why a periodontist looks deeper

A comprehensive evaluation turns symptoms into a personalized care plan.

Gum examination

Looks for inflammation, bleeding, and recession

Pocket measurements

Checks the space around each tooth

X-rays when needed

Shows whether bone support has changed

Health history

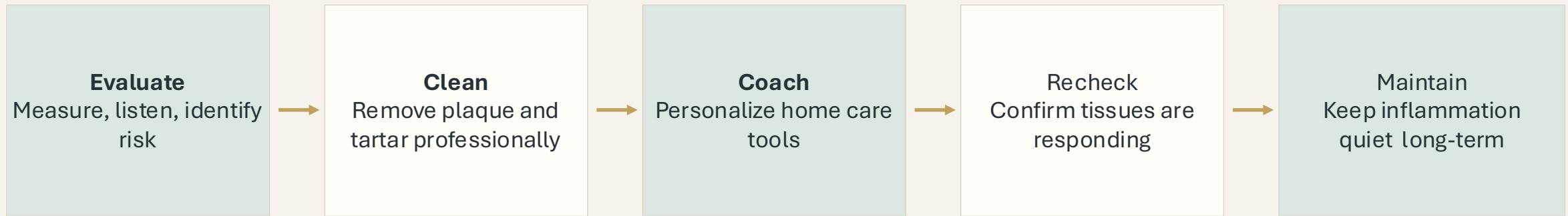
Identifies risks such as diabetes or tobacco use

Healthy pockets are often 1–3 mm. Deeper pockets can be a sign of periodontal disease.



A calm, step-by-step treatment roadmap

The goal is to control infection, support healing, and protect the tissue from returning inflammation.



This pathway is adjusted to the stage of disease — from reversible gingivitis to deeper periodontal care when needed.



Professional care removes what home care cannot

Tartar locks bacteria in place and must be removed by a dental professional.

Depending on your findings, care may include:

- Professional cleaning
- Scaling and root planing when pockets are deeper
- Antimicrobial rinse or medication when appropriate
- Re-evaluation to confirm healing
- Maintenance intervals designed for your risk level



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Treatment is not a one-size-fits-all procedure. It is a sequence of protection.



Your daily care plan helps keep healing in motion

The best professional care works even better when the daily routine supports it.

Small daily actions that matter:

- Brush twice daily with fluoride toothpaste
- Clean between teeth every day
- Use interdental tools that fit your gums
- Rinse as recommended
- Drink water and support saliva flow
- Keep maintenance visits on schedule



The goal is not perfection. The goal is consistency.



Healing is supported by the whole person

Gums respond to daily choices that lower stress on the body and mouth.



Supportive habits

- Low-inflammatory eating
- Hydration and saliva support
- Balanced oral pH
- Diabetes and blood sugar awareness
- Avoiding tobacco

**Your mouth is part of your body
— not separate from it.**



When gums have pulled away, the conversation changes

Gingivitis is inflammation. Recession is tissue loss — and it deserves a deeper evaluation.

Before



After



Example: tissue coverage can help protect exposed root surfaces.

Gum recession may contribute to:

- Root sensitivity
- Esthetic concerns
- Higher plaque retention
- Harder cleaning
- Less protective attached tissue

This is where periodontal expertise matters.



What gingival repair may help protect

When recommended, repair is about tissue stability, comfort, and long-term protection.

Before



After



In each pair: left is before, right is after treatment.

Potential benefits discussed during evaluation:

- More protective tissue
- Less sensitivity
- Easier home care
- Root surface protection
- Better tissue harmony

Every case is unique. The recommendation is based on diagnosis, anatomy, risk, and patient goals.



Experience patients can see

Before-and-after examples make the invisible goal visible: healthier, more stable tissue.

Before



After



Lower front tissue support and improved coverage.

Before



After



Posterior gumline improvement and easier-to-maintain contours.

Before



After



Smile-level result: tissue support contributes to harmony and confidence.



Your personalized pathway depends on what we find

The right care plan comes from diagnosis, not assumptions.

If inflammation is early
Professional cleaning + daily home care + recheck

If pockets are deeper
Scaling/root planing + risk-factor support + periodontal maintenance

If tissue has receded
Evaluate tissue thickness, root coverage needs, sensitivity, and repair options

If systemic risk is present
Coordinate care around diabetes, tobacco, medications, or other health factors

The purpose is simple: calm inflammation, protect support, and help you keep your teeth healthy for life.



Patient questions we answer together

Direct, patient-friendly answers improve understanding and trust.

Is bleeding normal?
No. It is common, but it is a signal that
the gums need attention.

Can gingivitis be reversed?
Often, yes — with professional treatment
and consistent home care.

What happens if I wait?
Inflammation can progress deeper and
affect tissue and bone support.

Will I need surgery?
Not always. Surgery is considered only
when the diagnosis and goals support it.

AEO / patient education value: answer real questions in clear language before patients have to ask.



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The goal is not just healthier gums.

It is a healthier foundation for comfort, confidence, and long-term well-being.

**Changing Lives With Exceptional
Periodontal Care**

Schedule a periodontal evaluation to understand what your gums are telling you.

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Evidence and experience behind this guide

Patient education works best when it is clear, compassionate, and source-backed.

Clinical experience

Dr. Feldner supplied case photography from the Gingival Grafting / Gingival Repair presentation. These are used as examples for patient education only; individual results vary.

Professional references

- National Institute of Dental and Craniofacial Research: Periodontal (Gum) Disease
- American Academy of Periodontology: Gum Disease Information and Prevention
- CDC: Gum Disease Facts
- DrFeldner.com: practice credentials and patient-centered positioning

Educational note

This presentation is designed to help patients understand gingivitis, periodontal evaluation, and possible treatment pathways. It does not replace a personalized diagnosis from a periodontist.